



# 5 DAY RIDER

# CONFIDENCE CHALLENGE

## Task 2 workbook

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If you don't have a printer just duplicate it on plain paper



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# KEY POINTS

Welcome to day two! Well done you've achieved so much already. Today's a big day. There might be some tears and that's OK! Ask for the support you need through the Ask me Anything and of course the LIVE this evening. You will feel better for asking.

### Human have three core fears.

Fear of not belonging

Fear of not been good enough

Fear of not been loved.

Have an honest look at your fears and pop them under the umbrella of one of the above.

Example.

'I am scared of falling off'

Ok... but why?

'Well.. I don't want to hurt myself'

'Well I look after my child, that is my responsibility'

Can you see that this is a combination of fear of not been good enough (If I believed I was a good enough rider then I wouldn't believe I was going to fall off AND If I fall I have failed as a mother (not good enough). There is also a fear of not belonging here because your not conforming to the societal role of caring for your child if you hurt yourself.

WOW - deep I know - now this is just an example so you can start to get your head around this stuff. I want you to see how deep I expect you to take this. Remember I do this day in and day out - So please ASK if you're unsure.

p.s I get it - I really do - but if we want to make changes we have to accept some mindset shifts - (e.g. Do you not want to show your child that you will achieve the things you want to achieve? - That you don't let fear keep you in your comfort zone? - For now trust the process.



COACHING FOR  
CONFIDENCE

5 DAY RIDER

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# EXERCISE ONE

Re-list your fears into the categories below:

Fear of Not Belonging

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Fear of not been good enough

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Fear of not been loved

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