



CONFIDENCE CATCHER

Identify when you're in the zone.

TEEMAREE | [TEEMAREE.COM](https://teemaree.com)

Confidence can give you access to meaningful experiences and interactions which will help you build the life you want.

The truth is that most people desperately need to build their confidence. We all have inspiring, risk-taking moments and everyone wants to succeed BUT most don't know exactly how to identify, harness, and stay confident when it matters.

That's where this comes in. If you harness your confidence, you'll be different and people will notice. You'll unlock areas of life you once dreamed about and you'll help others do the same.

But being confident can be frightening. Like most people, you're probably wondering:

- How can I be confident if it feels strange to me?
- Will people take me seriously?
- How can I really feel confident?
- What should I do to build confidence?
- What about when I get scared or have doubts?
- Who can I talk to when I'm not sure I'm doing it right?
- When and how should I take the leap in being more confident?
- How can I do more of what I really want?

This short checklist will give you a quick guide to recognize how confidence shows up so you can start to feel comfortable with it.

I've helped hundreds of people overcome their fears and build their confidence! The steps in this checklist are the quick start that has helped them begin. Of course, if you would like to join my Be Bold Coaching Program, I would love to have you. Until then, these are the steps you will want to take to become familiar with how confidence shows up so your ability to access confidence can be easier and less overwhelming.

With love and power,

Teemaree

Your Best Life Coach, Author, and Entrepreneur



Confidence catching cheat sheet

Identify these feelings and associate them with confidence to build familiarity.

1 You sense something new is possible.

While most people associate confidence with a character trait, in truth, confidence can show up as an awareness of something being possible or available. Take note, confidence shows up as possibility.

2 You are willing to try even without knowing how.

Ever feel like going for something even though you had no experience at the time? That's a sign of confidence. Even if you only remember feeling this a long time ago, it still helps to identify this sign for what it is. Willingness = confidence.



Confidence catching cheat sheet

Identify these feelings and associate them with confidence to build familiarity.

3 You feel good, lighthearted, and positive.

When it comes to confidence and emotions, Everything feels positive. It often feels good, light, happy, expansive, joyous, etc. It's nice. When confidence is around there's no time for frowns.

4 You have unexplainable energy toward what you want.

Another tell tale sign of confidence is energy! Similar to the positive emotions outlined above, the energy is also usually present. A desire to be active, to take a step, to do something. Confidence makes us want to move and we usually feel like moving when we're confident.



Confidence catching cheat sheet

Identify these feelings and associate them with confidence to build familiarity.

5 Ideas and or action steps come to mind.

Have you ever had an idea or desire that suddenly came with so many action steps or follow up ideas it seemed you were almost receiving a manual on how to do what you wanted? This is another way that confidence shows up. Just like the emotions and the energy, actual action steps is another way that confidence makes itself known to us.



Confidence catching checklist

Ways to cultivate and capture your confidence.

- Sense something new is possible
- Be willing to try
- Feel good, lighthearted, and positive
- Have energy toward what you want
- Let Ideas and or action steps come to mind
- Don't let your confidence go away when fear and doubt show up.

! IMPORTANT Don't let your confidence go away when fear and doubt show up.

If you want to grow your confidence, and you want to grow it so that it lasts, consider joining my Be Bold Coaching Program. When you don't have support in navigating fear and doubt, you're cutting yourself off from success. Don't go through trial, error, overwhelm, and lost opportunities. My Be Bold Coaching Program gives you a system to overcome fear and be more confident. You also get coaching and companionship.

Wouldn't it be nice to have...

A community - Through my dedicated Heartbeat community, special events, and annual retreat, my coaching clients never feel alone. If you're ever stuck trying to be or stay confident, you won't be stuck for long. Enjoy the camaraderie and encouragement that comes with community.



Ongoing training - My Be Bold Coaching Clients get access to coaching sessions for personalized confidence building and techniques to put fear and doubt in its place!

AS A BE BOLD COACHING CLIENT, YOU GET ALL OF THIS:

A System - Easily know what to do to smash fear, build confidence, and be bold!

Confidence Building Coaching Sessions - Put fear and doubt to rest with *personalized* help.

Community - Access to connection and encouragement to people who are working on, like, and want the same things you do.

Confidence Building Calendar - Discover how unleashing the fearless you can be fun.

Confidence Quick Boost Audios - Get pumped up anywhere in minutes!

Fear to Faith Encouragement Video - Never feel alone.

Fear Releasing Flow and Posture Series - Enjoy total embodiment in an hour or in minutes with this activity and digital journal!

If you would like to be bold, [apply to my Be Bold Coaching Program.](#)



So helpful for fearful,
anxious feelings.
-Ren



Thank you so much it's
really helped me.
-Tracey