




### Sharing with Confidence

Make your end of Step 6 Playlist review notes in your book or workbook here...

## Sharing with Confidence

### Review A&E



My Playlist for a Confident on Camera Me!

**My I'MPACT Playlist for a Confident on Camera Me**

*So now make another I'M-PACT and choose to use it for the greater good and you can also find a special inspiration message for you online that I like to use at the front of my live one-day to three-day workshops – enjoy!*

**My Learning Stage Notes:**

My Feedback Confidence I'MPACT+ Playlist Mantra:

On receiving feedback I AM...

When receiving feedback I CAN...

To ask for feedback I WILL...

My negative to positive thoughts Playlist Coping Mantra:

*Start positive before reviewing feedback – it's only an opinion and you're in control!*

Now write your own Playlist Coping Mantras that will help you cope with negative feedback and allow you to turn it into ways to improve:

I will ask \_\_\_\_\_



I will accept \_\_\_\_\_

**Choose to share with Confidence!**

My mantra is a life-changer thanks to my #SuperChamp World Champ Shelley Taylor-Smith [www.championmindset.com.au](http://www.championmindset.com.au) - #Legend!

Whenever negative thoughts or worries appear I say out loud...

*"Thank you for that thought and dismiss it."*





MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.