

women who get it
literary club



Workbook

To complete the exercises from 'Wire Your Brain
for Confidence' by Louisa Jewell.

Welcome!

Women Who Get It aims to put the knowledge gained from reading to work. To do that, we have created this workbook that compliments the book 'Wire Your Brain for Confidence'.

In every chapter, the author has provided insightful exercises that help the reader reflect on her own life and gain confidence in her abilities.

Make sure you have the book with you to read the exact guidelines for completing the exercises. This workbook is fillable and therefore makes it easy to go through the tasks, you will simply need your laptop, phone or you could also print it out!

Women Who Get It

"Louisa Jewell translates complex research into understandable, practical, and vital tools not just for surviving the modern world, but remaking it."
Shawn Achor, New York Times bestselling author of *The Happiness Advantage*

Wire Your Brain for Confidence

The Science of
Conquering Self-Doubt



Louisa Jewell, MAPP

'WIRE YOUR BRAIN FOR CONFIDENCE' BY LOUISA JEWELL

In her book, the author offers a practical step-by-step guide to achieving goals for anyone who has struggled with self-doubt. Moreover, the author showcases how you can wire your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you're feeling afraid.

where knowledge is
put to work

PEACE AT 6

WRITE DOWN DOMAINS IN YOUR LIFE THAT ARE IMPORTANT TO YOU.
CHOOSE 3 THAT ARE OF THE HIGHEST PRIORITY FOR YOU AND CHECK THE BOX
FOR THESE.

DOMAINS

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Let go of your desire for perfectionism. Commit to being a 10/10 in your 3
selected categories and being okay with being a 6/10 in the others. Commit to
being peaceful at 6.

TAME THAT FEAR

TAKE A MOMENT TO REFLECT AND WRITE DOWN IF YOU HAVE ENGAGED IN ANY OF THE 6 SELF-PROTECTIVE COPING STRATEGIES OVER THE PAST MONTHS. ONCE YOU HAVE IDENTIFIED THE FEARS AND YOUR COPING MECHANISMS, WRITE DOWN HOW YOU WILL TAME THAT FEAR.

	FEAR & COPING STRATEGIES	HOW WILL YOU TAME THAT FEAR?

Rather than being overwhelmed with the scale of your desires and if you have what it takes, focus your energy on small but active steps towards taming your fear. Most of these steps will build your confidence and show you that you do have what it takes.

YOU AT YOUR BEST

USE THIS SPACE TO REFLECT AND WRITE DOWN SITUATIONS OF YOU AT YOUR BEST.

SITUATION

REFLECTION

SITUATION

REFLECTION

SITUATION

REFLECTION

SITUATION

REFLECTION

CONFIDENCE-BUILDING SOLUTION-FOCUSED QUESTIONS

TO BUILD CONFIDENCE TO PERFORM A TASK YOU WOULD REALLY LIKE TO DO, ANSWER THE QUESTIONS LISTED IN THE BOOK AND COMMIT TO TAKING A STEP FORWARD.

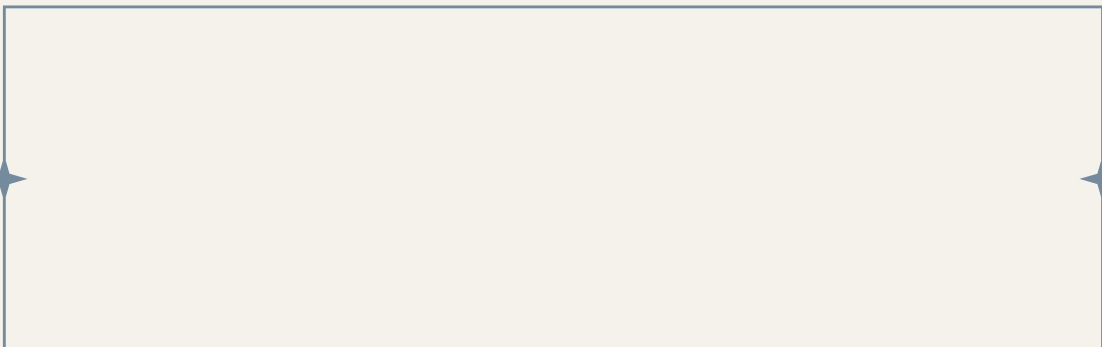
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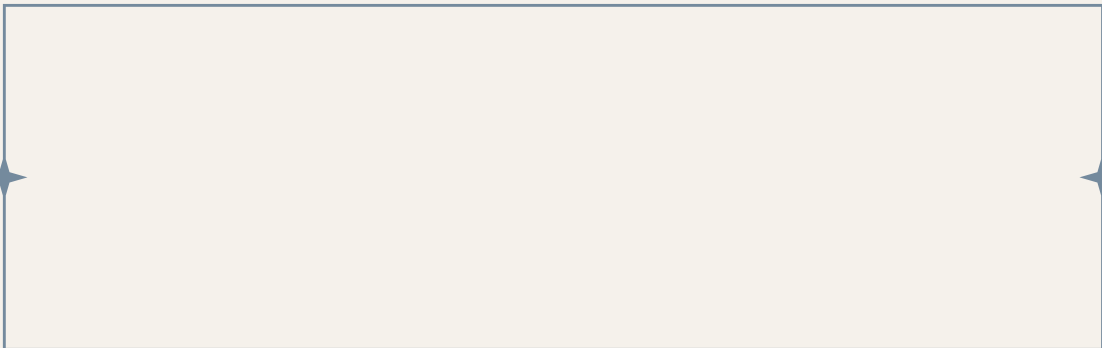
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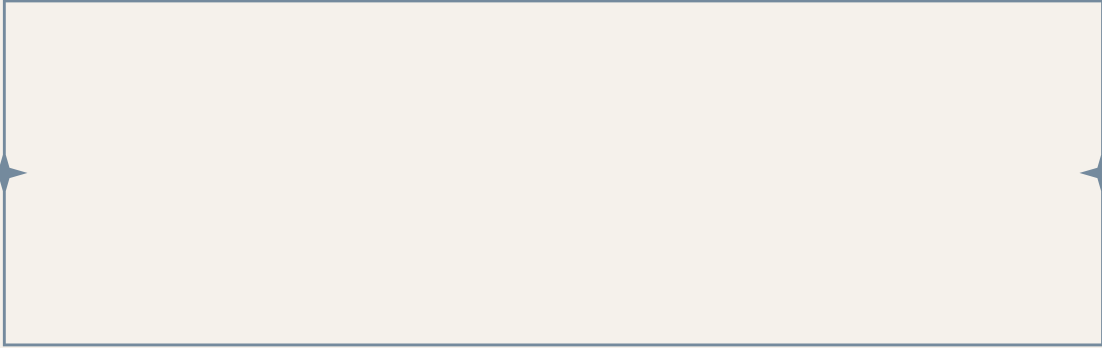


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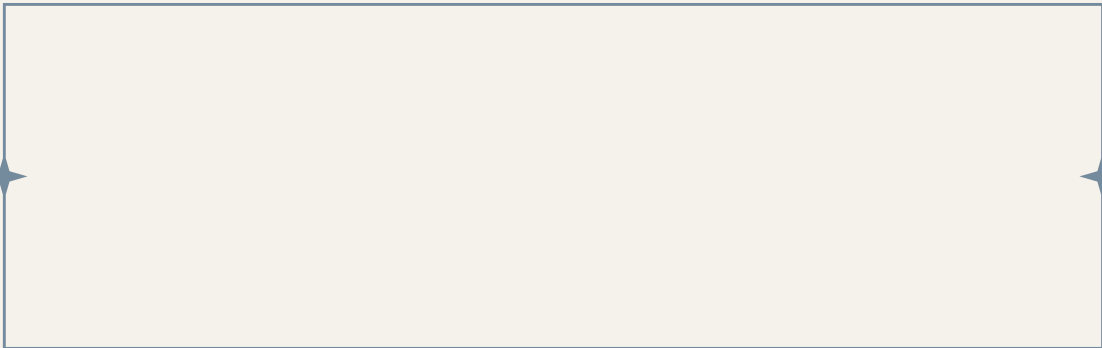


CONFIDENCE-BUILDING SOLUTION-FOCUSED QUESTIONS


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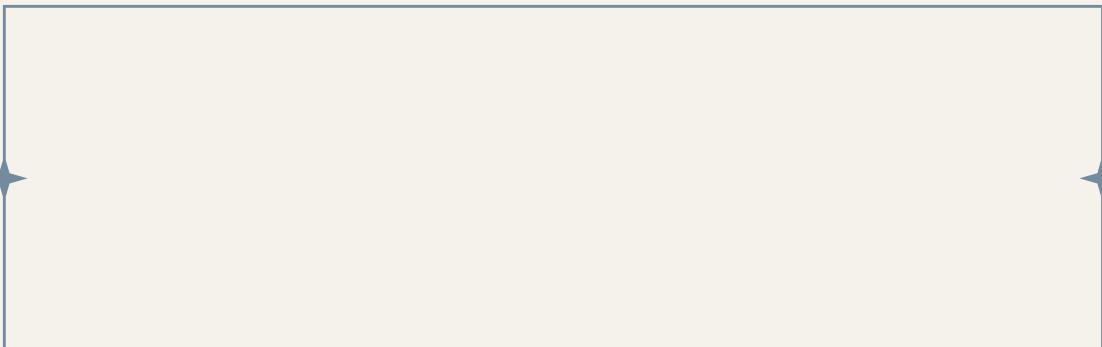
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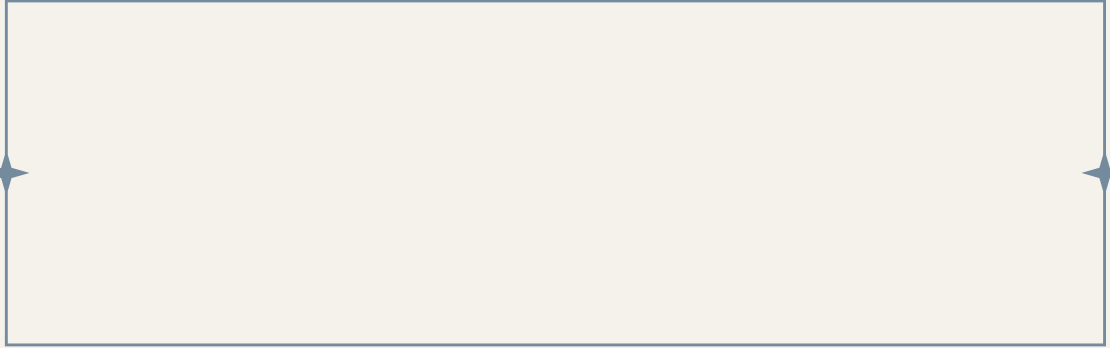


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CONFIDENCE-BUILDING SOLUTION-FOCUSED QUESTIONS

9

A large, empty rectangular box with a thin blue border, intended for writing a response to question 9. It is positioned to the right of the number 9.

10

A large, empty rectangular box with a thin blue border, intended for writing a response to question 10. It is positioned to the right of the number 10.

Once you have asked yourself the questions and are feeling a shift in your confidence, ask yourself this important question: What is one small step I can take to get myself closer to my goal?

SEPARATING FACTS FROM STORIES

OFTEN TIMES WHEN WE LACK CONFIDENCE IN CERTAIN SITUATIONS, WE HAVE AUTOMATIC NEGATIVE THOUGHTS (ANTS) ABOUT OURSELVES. TO OVERCOME NEGATIVE SELF TALK, WRITE DOWN FOR EACH WEEKDAY THE ANTS FOLLOWED BY THE COUNTER ARGUMENTS FOR THESE THOUGHTS.

	<i>ANTs</i>	<i>Disputation</i>
M		
T		
W		
T		
F		
S		
S		

KNOW YOUR RESILIENCE STRENGTHS

NOW THINK OF TIMES WHEN SOMETHING IN YOUR LIFE DID NOT GO AS
PLANNED, A TIME OF ADVERSITY, AND YET YOU WERE ABLE TO
OVERCOME IT.

DESCRIBE THE
SITUATION AND A
COPING MECHANISM
YOU USED

USE THIS SPACE TO REFLECT

THE MIRACLE QUESTIONS

MIRACLE QUESTIONS, DEvised BY INsoo KIM BERG, HELP YOU BROADEN YOUR MIND, FILL YOUR BODY WITH POSITIVE EMOTIONS, AND BUILD IMPORTANT PSYCHOLOGICAL RESOURCES TO MOVE YOU FORWARD.



QUESTION 1



QUESTION 2



QUESTION 3



QUESTION 4



QUESTION 5

THE MIRACLE QUESTIONS



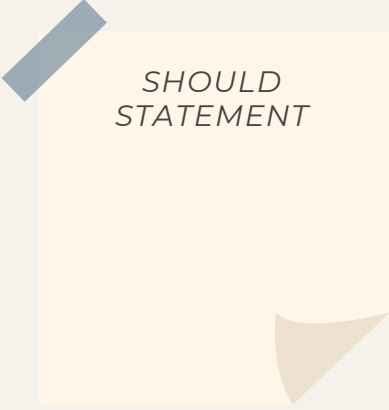
QUESTION 6



QUESTION 7

ELIMINATING "SHOULD" FROM YOUR LIFE

FOLLOW THE STEPS DESCRIBED IN THE BOOK TO UNDERSTAND HOW SELF-JUDGEMENT SHOWS UP IN YOUR LIFE AND HOW TO ELIMINATE IT. USE THE CHECKBOXES TO MARK THE 'WANTS' IN YOUR LIFE THAT YOU WOULD LIKE TO PRIORITISE.



SHOULD
STATEMENT

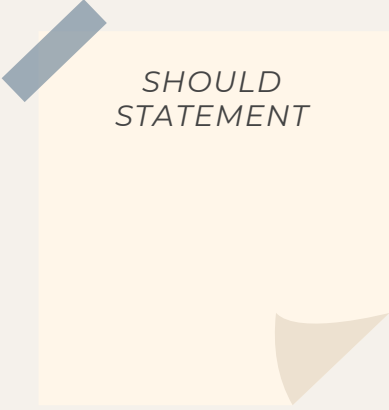
REFLECTION

WANT STATEMENT

YES

☐

NO

☐

SHOULD
STATEMENT

REFLECTION

WANT STATEMENT

YES

☐

NO

☐

SHOULD
STATEMENT

REFLECTION

WANT STATEMENT

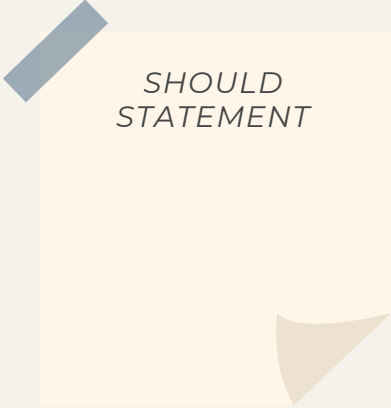
YES

☐

NO

☐

ELIMINATING "SHOULD" FROM YOUR LIFE



SHOULD
STATEMENT

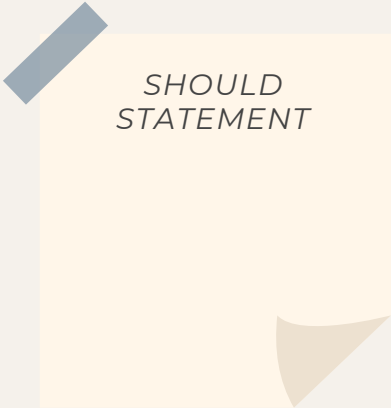
REFLECTION

WANT STATEMENT

YES

☐

NO

☐

SHOULD
STATEMENT

REFLECTION

WANT STATEMENT

YES

☐

NO

☐

BASED ON THE CHOICE YOU MADE IN PRIORITISING CERTAIN
GOALS, USE THIS SPACE TO WRITE DOWN STRATEGIES THAT WOULD
HELP YOU ACHIEVE THEM.

□ ☐ *Not a member of the Society*

