

THE STEPS



TO BUILDING YOUR CONFIDENCE
WHILE GAINING CLARITY

*TAKE BACK YOUR POWER USING
THE STEPS YOU NEED TO SUCCEED*



ESTELLA DIOR

OUTLINE

CREATE CONFIDENCE

Your outward success is an expression of inward growth.

Unknown Quote

SHIFTING YOUR MINDSET

This is what sets your soul on fire and has already transformed your life

HOW CAN YOU HELP

Creating the right atmosphere can shift you into the right place

WHAT YOU WANT/NEED

Developing your core values is most important

COMMITTING TO PROMISES

This is how you achieve your greatest success

TAKING ACTION

Writing out what you would do and executing

CREATE CONFIDENCE

Create Confidence

*"Your outward success is an expression of inward growth."
Unknown*

List everything you've accomplished that could help someone else

AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

CREATE CONFIDENCE

Create Confidence

List out all of the excuses you have made in the past

AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

CREATE CONFIDENCE

Create Confidence

List the advice you would give a best friend, if they had your excuses.
These will become your new affirmations

AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

SHIFTING YOUR MINDSET

Shifting Your Mindset

What are the transformation/end results that you hope to obtain:

What are the 3-4 action steps needed to get the results?

Action 1

Action 4

Action 2

Action 3

AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

HOW CAN YOU HELP

How Can You Help

STATEMENT	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
I express my opinions openly					
I have no fear of being rejected by others					
I consult with other people about my decisions, but the final say is mine					
I forgive myself for mistakes					
I believe I deserve the best life has to offer					
I accept myself for being the way I am					
I am able to express my feelings, both positive and negative					
I set aside alone time for myself					
I ask for help when I need it					
I return unsatisfactory items to stores					
I do not worry about what others think of me					
If I'm dissatisfied with an important parts of my life, I take steps to make changes					
I am comfortable making eye contact with other people					
When criticized, I listen and do not take it personally					
I am comfortable trying new things					
I make list of accomplishments or positive qualities about myself with difficulty					
I am comfortable around successful people					
I believe I can handle anything					

WHAT YOU WANT/NEED

What You Want/Need

What are the most ideal results you want in life?

What problems do you think you have that prevent you?

Problem 1

Problem 2

Problem 3

Problem 4

AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

COMMITTING TO PROMISES

Committing To Promises

Use this variety of word combos to create as many promises as you can for yourself that are truthful

How to get/lose _____ in just _____
without having to _____.

My proven system for automating _____ so you
can get more/less _____.

Copy and paste resources for _____
that save you time and energy.

AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

TAKING ACTION

Taking Action

"Many will start fast, few will finish strong."

G.R. Blair

My personal plan



AFFIRMATION

I am an energetic force of light, helping others to reach their full potential.

WHAT TO DO *FROM HERE...*

READY TO TAKE ACTION AND START CHANGING THE WORLD?

On the next few pages, I included some page inserts that will help you take back your power!

For yourself, and in business, you need to be continuously expanding for new connections, engaging for valuable relationships, having systems in place to help you build yourself into the person you want to be everyday.

Using my worksheets will help you gain the clarity that you need to live and lead a successful life.

If you are someone who wants to move faster, you can apply to one of my mentor programs where I work with you 1-on-1 to get the level of success you want/need.

You can apply at www.estelladiorenterprise.com

LIFE *MISSION & VISION*

How do you envision your life's mission statement?

It explains how you aim to pursue that purpose, and why it matters so much to you.

The purpose of my life is to _____
_____,
uninhibited by fear. I want to _____,
_____ and _____
_____ so that I can live authentically
with passion.

How do you envision your life's vision statement?

It can be focused on life or professional goals, and it is intended to orient you toward your long-term dreams.

To _____ and _____
_____ by using my experience of _____
_____ to _____
_____.

PLAN IT OUT

POSITIVE AFFIRMATIONS *Every week should begin with positivity*

- (1) _____
- (2) _____
- (3) _____

TARGETS FOR THE WEEK *Priority tasks*

- _____
- _____
- _____
- _____
- _____

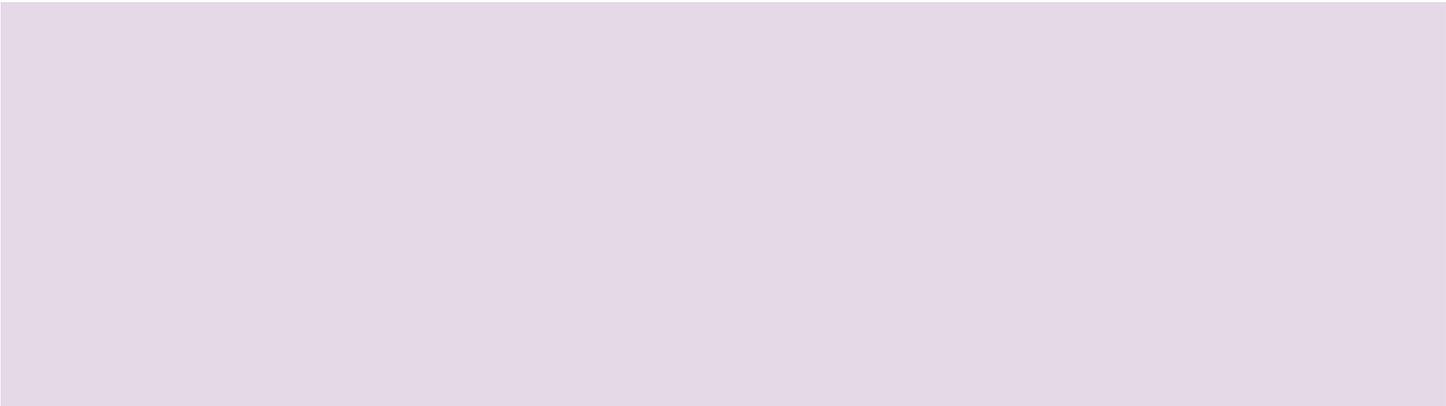
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TODAY'S SCHEDULE *Plan your day effectively*

- | | |
|-------------|-------------|
| 5 AM _____ | 2 PM _____ |
| 6 AM _____ | 3 PM _____ |
| 7 AM _____ | 4 PM _____ |
| 8 AM _____ | 5 PM _____ |
| 9 AM _____ | 6 PM _____ |
| 10 AM _____ | 7 PM _____ |
| 11 AM _____ | 8 PM _____ |
| 12 PM _____ | 9 PM _____ |
| 1 PM _____ | 10 PM _____ |

DAILY TRACKER *Prospecting accomplishments*

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> <i>Task Accomplished</i> | <input type="checkbox"/> <i>Conversations</i> | <input type="checkbox"/> <i>Appointment Set</i> | <input type="checkbox"/> <i>Reach Outs</i> |
| <input type="checkbox"/> <i>Appointment Accomplished</i> | <input type="checkbox"/> <i>Clients Obtained</i> | <input type="checkbox"/> <i>Task Closed</i> | <input type="checkbox"/> <i>Content Scheduled</i> |



WEEK OF *REFLECTIONS*

MY BIGGEST
WINS FOR
THE WEEK

LESSONS
LEARNED
THIS WEEK

WHAT WAS
YOUR ACTION
LEVEL, ON A
SCALE OF 1-10?

HOW WAS
YOUR ENERGY
LEVEL, ON A
SCALE OF 1-10?

WHAT WOULD
YOU CHANGE
ABOUT YOUR
WEEK?

Review your answers above, what did you observe about yourself that you can address moving into a new week?

BUILD YOUR *Crown*

This process should be continuous!



THANK YOU

Thank You

I hope you now have a greater understanding of what's necessary and possible in order for you to increase your value and confidence.

Refer back to this freebie as often as needed to keep you motivated and refresh your action tactics discussed during this training.

I'm rooting for you to succeed.
Be sure to connect with me on IG
[@coachestelladior](#).



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