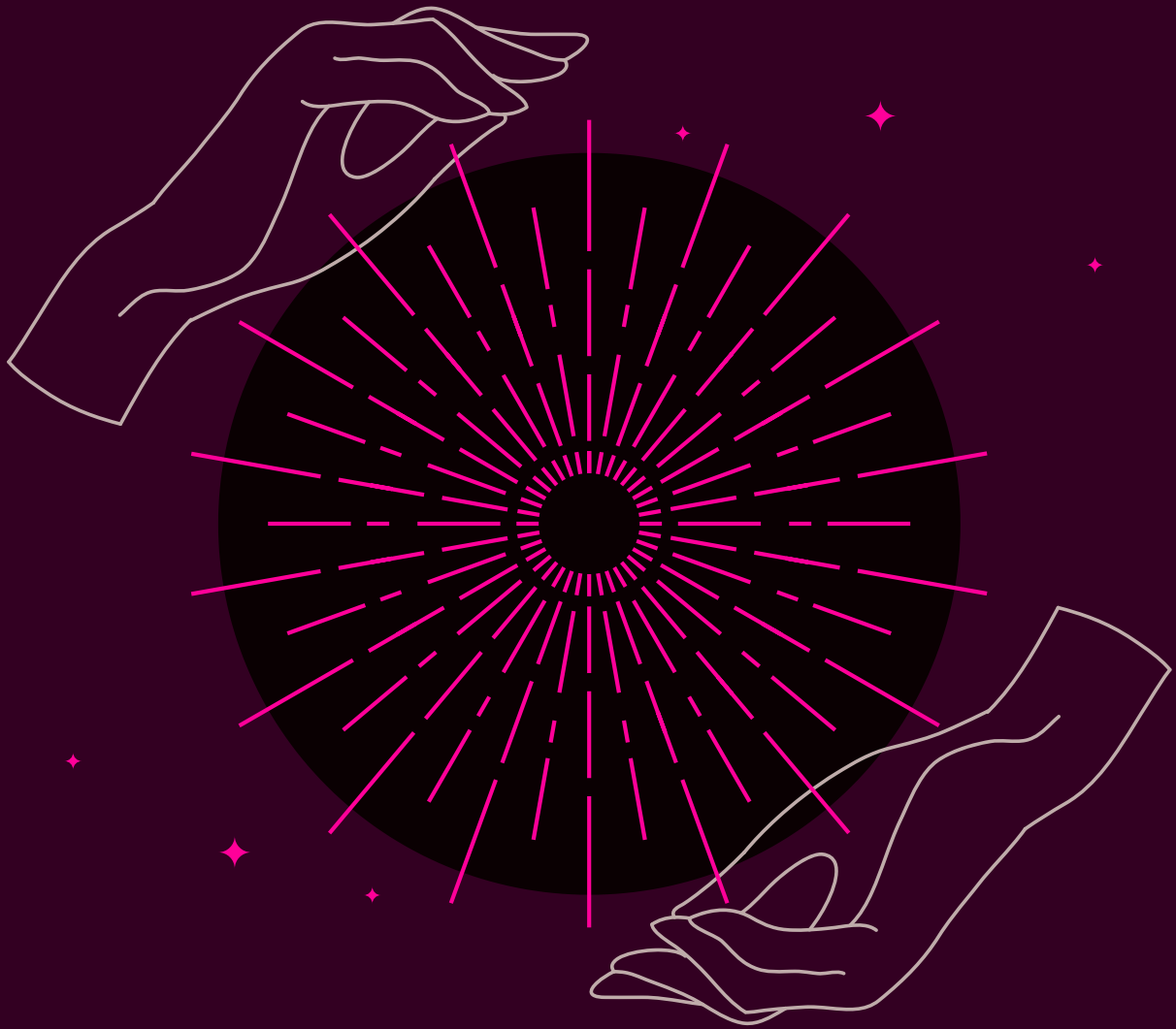


E
M
P
O
W
E
R
E
D

CULTIVATING CONFIDENCE WORKBOOK

Dr. Melanie Wenzel



C
O
N
F
I
D
E
N
C
E

Copyright Notice

This Workbook are the property of Dr. Melanie Wenzel and is protected by copyright, trademark, and other intellectual property laws. The Workbook is provided solely for your personal noncommercial use. You may not use the Workbook or parts of it in a manner that constitutes an infringement of our rights or that has not been authorized by us. More specifically, unless explicitly authorized by the owner of the materials, you may not modify, copy, reproduce, republish, upload, post, transmit, translate, sell, create derivative works, exploit, or distribute in any manner or medium (including by email or other electronic means) any material from the Workbook. You may, however, download and/or print one copy for your personal, non-commercial use, provided that you keep intact all copyright and other proprietary notices.

Welcome!



I'm Melanie,
Female Empowerment Coach;
Mentor, Cheerleader & Space-Holder;
Mindfulness, Yoga & Embodiment Teacher;
Sociologist with an interdisciplinary PhD.

Amazing that our paths have crossed.

Healthy self-confidence - the embodied sense for your strengths, qualities, desires, and goals - is inseparably linked to a self-determined, happy life.

Healthy self-confidence empowers us to take rewarding risks, to set strong boundaries, makes us glow and radiate from the inside out, empowers us to make the right decisions and to take up space with persuading softness.

Healthy self-confidence is furthermore delightfully contagious. It is an invitation for others to also be courageously their authentic self.

I wish you transformative insights during your journey through this workbook.

Melanie

1

How would you like to be perceived by others? What do you want others to think of you?

Specify one question like this as much as possible in such a way that it is adapted to the specific area of your life you want to work with. For example, if you want to work with your mindset and self-confidence in your professional context, then ask:

How would I like to be perceived by my colleagues?

Or: How would I like to be perceived by my boss?

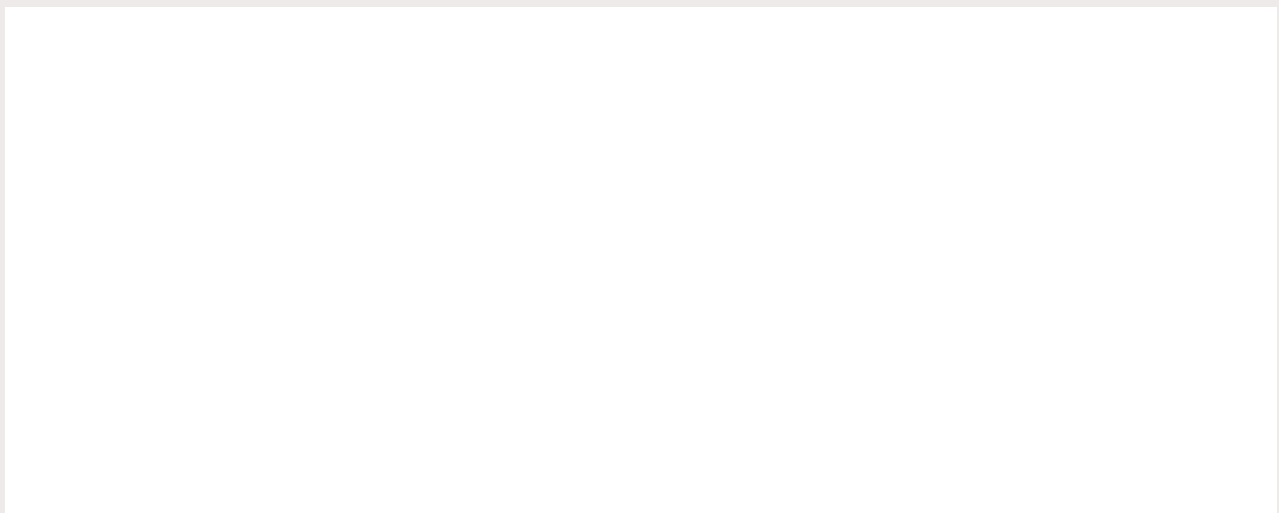
Only work with one question at a time.

Perhaps you are unable to envision all the qualities, skills, and abilities that you would like to have in yourself (yet or strong enough). Maybe you think that some things you would like to have or how you would like to be, you will never achieve or be. That doesn't matter at all! The “how” in the question of how we would like to be perceived by others is a great guide and anchor for our inner work.

So just allow yourself to be fully involved in this exercise.

What do you want others to think of you?

Replace this question with your personal, specified question:



2

Free Flow Journaling

Let your thoughts flow freely. Write down ALL the thoughts that come to you, write down all traits, characteristics, abilities, skills, competencies that you want others to perceive about you. If this is very challenging for you, then imagine a person you admire (in this field) and reflect upon what you think about that person. Write down EVERYTHING.

For example, it could read here: Melanie asks incredibly good questions. Melanie is inspiring. Melanie is always positive. Melanie focuses on what is already present and not on what is missing.



2

Free Flow Journaling



3

Free Flow Journaling

Now you are turning every statement into an “I” statement.

Staying with the examples above: I ask insanely good questions. I am inspiring.
...and so on.



4

Where do you feel the most energy?

And now it's getting really exciting.

Above are all the things that you have to envision in yourself in order to be empowered, to achieve your goals and to lead the life that you want.

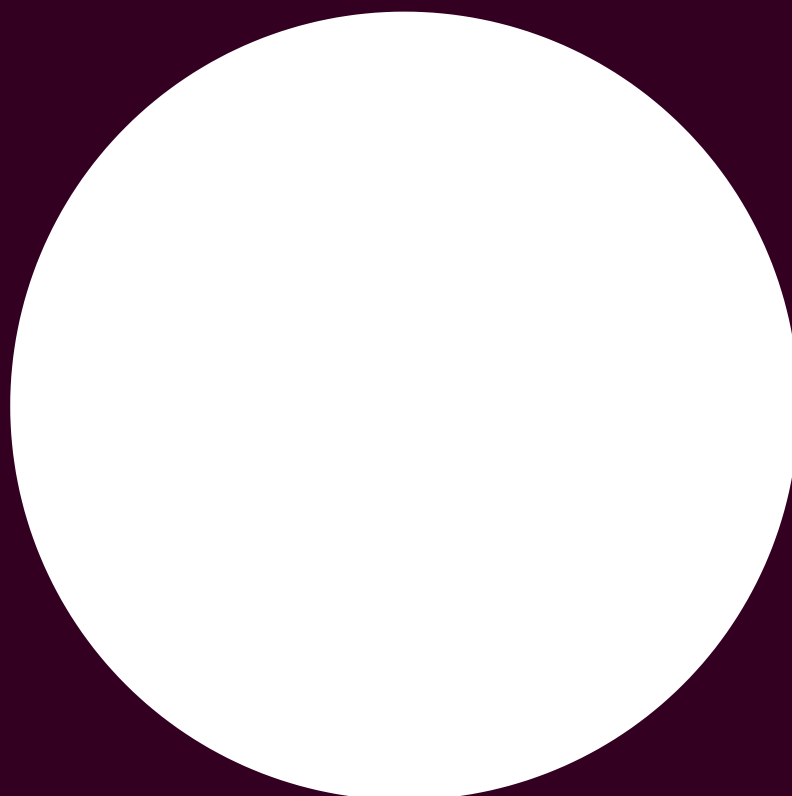
Mark the 3 statements above that trigger the most in you, that make you feel a lot of inner excitement/energy, and/or that feel particularly important to you. These statements you are going to take further to work with specifically.

Enter these 3 statements here:





We work now with your **first** statement
from section 4, which is:



5

Write down everything that comes into consciousness regarding the following questions. Stay open and curious. Get as specific as possible. Trust the process and your inner wisdom.

How would you feel, if you believed this?



How would you show up, if you believed and felt that?





5

How would you be involved, if you believed and felt that?



What would you do, if you believed and felt that?



What would be your next steps, if you believed and felt that?





5

What would you achieve, if you believed and felt that?



What would you create, if you believed and felt that?



How would your life be different, if you believed and felt that?



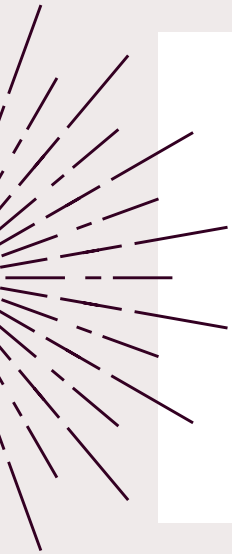
5



What would you wear, if you believed and felt that?

A large, empty white rectangular box for writing the answer to the question above.

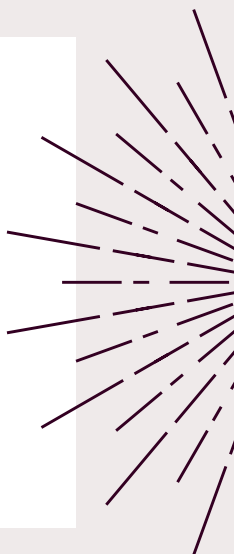
How would you talk and express yourself, if you believed and felt that?



A large, empty white rectangular box for writing the answer to the question above.

How would you walk & move, if you believed and felt that?

A large, empty white rectangular box for writing the answer to the question above.




5

Now close your eyes and imagine, you already are that person:
How does your body feel? What physical sensations are present?



Which things, thoughts, feelings, emotions, ideas, and people support you to thrive as
this version of yourself?



5

What will be the 3 things that you are going to do in the next 7 days to embody and cultivate this version of yourself?

Stay open and trust that the things that come to mind are the right ones.

To stick with the examples I started with, for "I ask insanely good questions" it could be:

1. I create a list of insanely good questions, i.e. with inspiring questions; positive provocative questions; questions that lead to deeper thoughts; thought-provoking questions; questions that contain feedback but do (most likely) not cause resistance or defensiveness in the other person....
2. I'm watching a Ted Talk on the subject.
3. I plan to ask at least 2 good questions a day in conversations I have anyways.

Write these 3 things down:

1

2

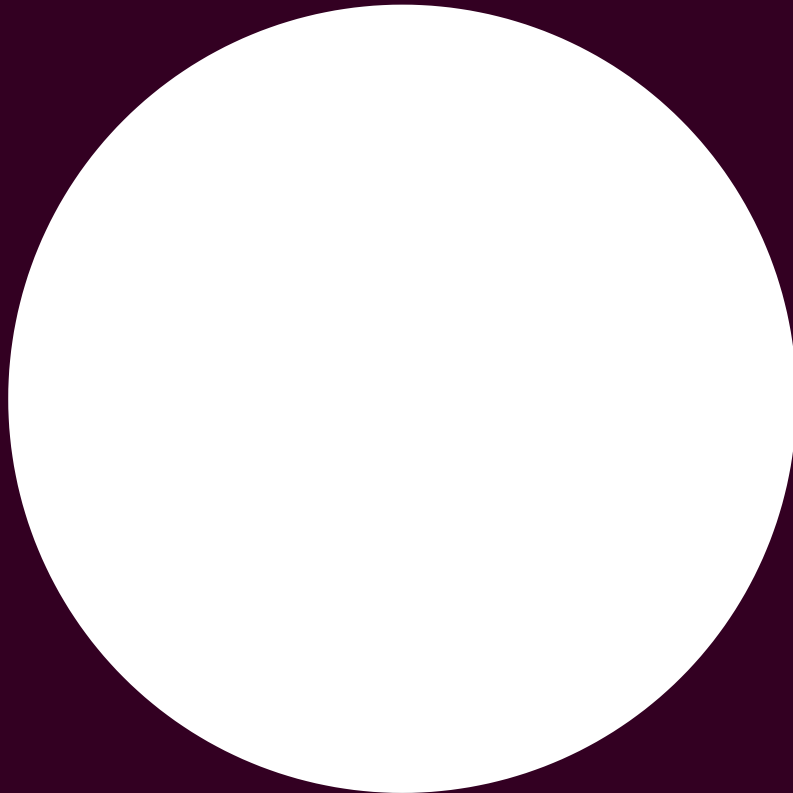
3

Are you ready to show up for your personal growth, take action, maybe get dirty, and commit to doing these 3 things in the following 7 days?

Yes, I want to expand



We work now with your second statement from section 4, which is:




6

Write down everything that comes into consciousness regarding the following questions. Stay open and curious. Get as specific as possible. Trust the process and your inner wisdom.

How would you feel, if you believed this?



How would you show up, if you believed and felt that?





6

How would you be involved, if you believed and felt that?



What would you do, if you believed and felt that?



What would be your next steps, if you believed and felt that?





6

What would you achieve, if you believed and felt that?



What would you create, if you believed and felt that?



How would your life be different, if you believed and felt that?



6

What would you wear, if you believed and felt that?



How would you talk and express yourself, if you believed and felt that?



How would you walk & move, if you believed and felt that?



6

Now close your eyes and imagine, you already are that person:
How does your body feel? What physical sensations are present?



Which things, thoughts, feelings, emotions, ideas and people support you to thrive as
this version of yourself?



6

What will be the 3 things that you are going to do in the next 7 days to embody and cultivate this version of yourself?

Stay open and trust that the things that come to mind are the right ones.

To stick with the examples I started with, for "I ask insanely good questions" it could be:

1. I create a list of insanely good questions, i.e. with inspiring questions; positive provocative questions; questions that lead to deeper thoughts; thought-provoking questions; questions that contain feedback but do (most likely) not cause resistance or defensiveness in the other person.... 2. I'm watching a Ted Talk on the subject. 3. I plan to ask at least 2 good questions a day in conversations I have anyways.

Write these 3 things down:

1

2

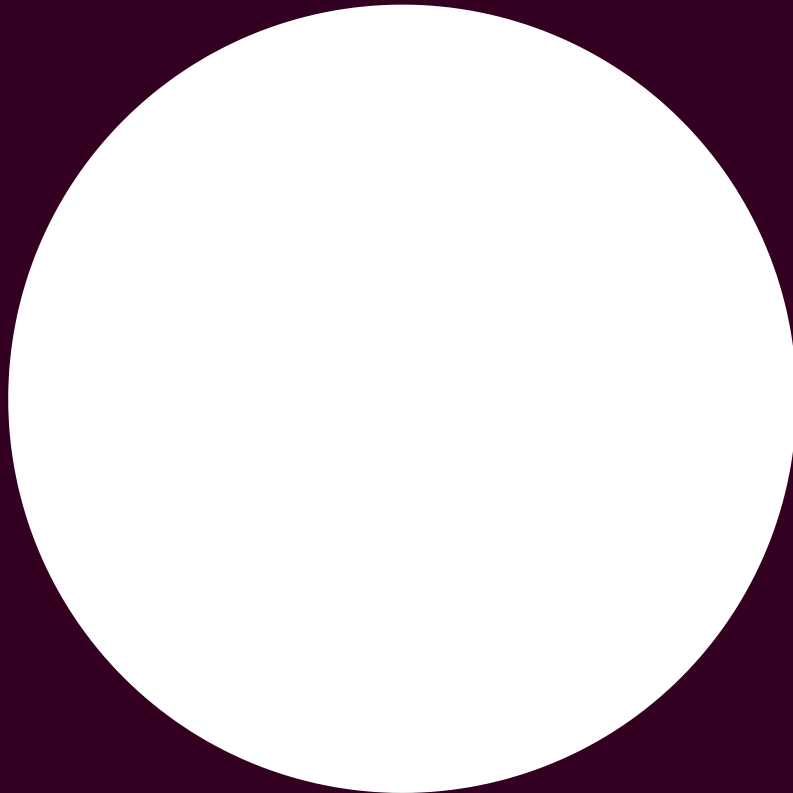
3

Are you ready to show up for your personal growth, take action, maybe get dirty, and commit to doing these 3 things in the following 7 days?

Yes, I want to expand



We work now with your **third** statement
from section 4, which is:



7

Write down everything that comes into consciousness regarding the following questions. Stay open and curious. Get as specific as possible. Trust the process and your inner wisdom.

How would you feel, if you believed this?



How would you show up, if you believed and felt that?





7

How would you be involved, if you believed and felt that?



What would you do, if you believed and felt that?



What would be your next steps, if you believed and felt that?





7

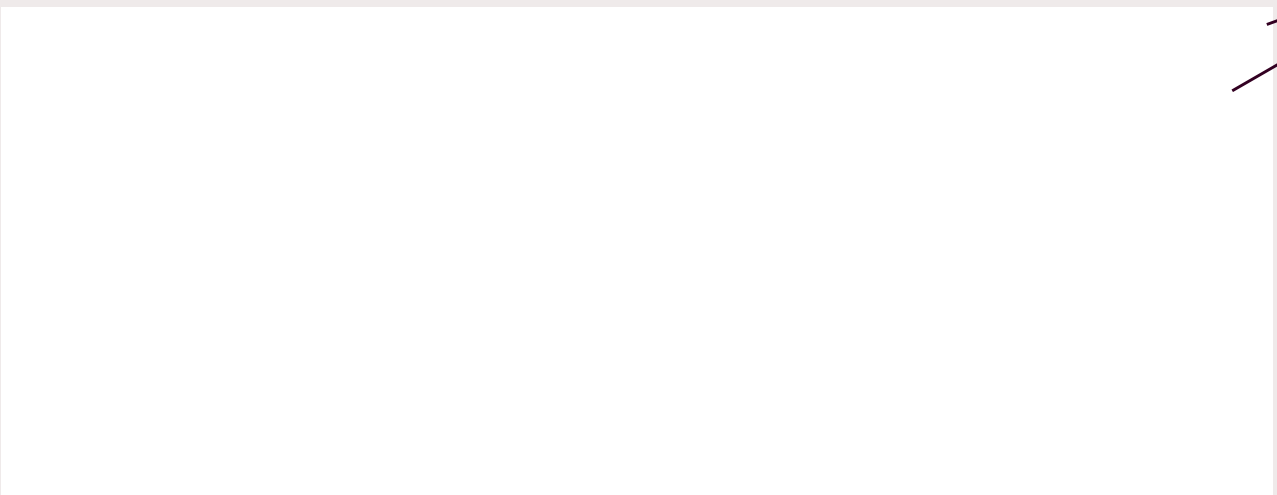
What would you achieve, if you believed and felt that?



What would you create, if you believed and felt that?



How would your life be different, if you believed and felt that?



7

What would you wear, if you believed and felt that?



How would you talk and express yourself, if you believed and felt that?



How would you walk & move, if you believed and felt that?




7

Now close your eyes and imagine, you already are that person:
How does your body feel? What physical sensations are present?



Which things, thoughts, feelings, emotions, ideas and people support you to thrive as
this version of yourself?



7

What will be the 3 things that you are going to do in the next 7 days to embody and cultivate this version of yourself?

Stay open and trust that the things that come to mind are the right ones.

To stick with the examples I started with, for "I ask insanely good questions" it could be:

1. I create a list of insanely good questions, i.e. with inspiring questions; positive provocative questions; questions that lead to deeper thoughts; thought-provoking questions; questions that contain feedback but do (most likely) not cause resistance or defensiveness in the other person.... 2. I'm watching a Ted Talk on the subject. 3. I plan to ask at least 2 good questions a day in conversations I have anyways.

Write these 3 things down:

1

2

3

Are you ready to show up for your personal growth, take action, maybe get dirty, and commit to doing these 3 things in the following 7 days?

Yes, I want to expand



"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond
measure.

It is our light, not our darkness that most frightens us.
We ask ourselves, 'Who am I to be brilliant, gorgeous,
talented, fabulous?' Actually, who are you not to be?"

"Your playing small does not serve the world. There is
nothing enlightened about shrinking so that other
people won't feel insecure around you. We are all
meant to shine, as children do."

"And as we let our own light shine, we unconsciously
give other people permission to do the same. As we are
liberated from our own fear, our presence automatically
liberates others."

Marianne Williamson

7-Day-Planner

Now schedule the 3 things you are going to do from each of the 3 sections here - with a specific date.

Print out this page and hang it up clearly visible in your home or office. If you work with a calendar, schedule these 3x3 things in there, too. What isn't scheduled isn't happening.

1

--	--	--

2

--	--	--

3

--	--	--

4

--	--	--

5

--	--	--

6

--	--	--

7

--	--	--

Congratulations!

You have already shown that you are ready to grow even more. Celebrating yourself is a must!

What is something beautiful, nourishing that you can reward yourself with?

Do it - now.

(Or start with the first step towards it.)



Now, what's next?

Once the fire is lit, it cannot be extinguished.

At least this is how it is for all my clients, colleagues, and myself when it comes to healing, transformation, and personal growth. Because every step, no matter how small, leads you closer to **your** best, self-determined, happy life, and that just feels amazingly wonderful. So it's more than worthwhile to step on the gas & to nourish the flame.

If you want to stay in the fast lane then ...

... you can repeat the process in this **workbook** with all your statements from section 3.

... you can already look forward to a transformative **online course** I am planning for the end of the year. If you receive my newsletter, you will not miss any important information.

... you can give yourself the great gift of personal, **professional support**. Book your first free discovery call with me to find out more about my work (prices for 1:1 coaching sessions start at € 140 (including VAT)). Take a look at what my clients say about our collaboration (at www.energetic-efficient-empowered.com and www.melanie.wenzel.net)

book a call
with me

... you can get one of the most ultimate tools - tried and tested for thousands of years - for feminine strength and energy, and self-confidence - a **nephrite jade yoni egg**. The effects of a regular practice are almost indescribable.

I wanna
know more!

Thank you for radiating your unique essence.

Melanie

