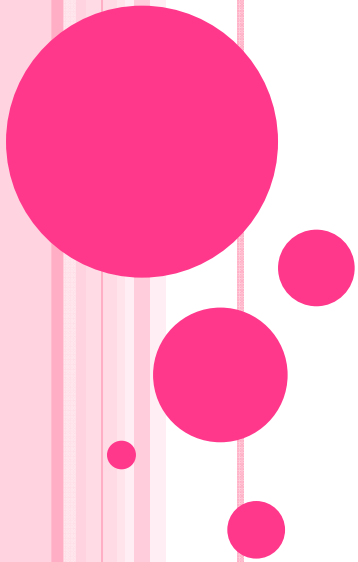


CONFIDENCE & CREDIBILITY

Elizabeth Kuhnke



SELF PERCEPTION

How I Perceive Myself

Determines

How I am Perceived



REINFORCEMENTS

When I Communicate I am:

Clear

Confident

Credible



MY PERSONAL BRAND

Professional

Reliable

Creative

Dramatic

Confident

Credible

Powerful

Understated

Dynamic

Approachable

Entertaining

Amusing

Knowledgeable

Driven

Distinctive

Assertive

Positive

Optimistic

Serious

Enthusiastic

Effective

Relaxed

Extrovert

Sophisticated

Well-Mannered

Sensitive

Laid-Back

Kind

Thoughtful

Generous

Introvert

Reserved

Natural

Trustworthy

Innovative

Leader

Independent

Integrity

Focused

Competitive

Risk-Taker

Data Driven

Influential

Decisive

Resilient

Motivated

Successful

Capable

Self-Aware

Honourable

Organised

Engaging

Interested

Honest

Gracious

Charismatic

Fun

Compelling

Committed

Loyal

Feelings Based

Thinker

Solid



THREE QUALITIES I MOST VALUE ABOUT MYSELF ARE:

1.

2.

3.



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 and fabulous?

Actually, who are you not to be?
Your playing small does not serve the world.
There's nothing enlightened about shrinking so that other
people won't feel insecure around you.

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



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