

## Confident Woman Checklist

Want to gain more confidence? To get the recognition you deserve? To put yourself out there and get noticed? Challenge yourself to complete these 5 To Dos every day, and you'll see some pretty amazing results.

Remember: you've got this

Own your win

Follow the best examples

Manage your emotions

Say the thing that scares you

Can you check everything off this list for today? Then it has been a good day! See what happens if you try again tomorrow.

## Today did you...



Remember - you are not an imposter! You're in this job for a reason, they hired you because they know you can do the job - now *show* them what you can do. Do the job you were hired to do, to the best of your abilities, every day.



Find an example of success every day – a win. Acknowledge your own contribution to that win, and then own it – give yourself recognition for achieving this success, and use that recognition to pave the way to the next win. Raise a glass to your good work!



Make it a point to notice an example of good leadership from someone around you every day, and then incorporate that example into your own behaviors and practices.



Confident women leaders manage their emotions (note: this doesn't mean they don't have them; only that they don't let them take control). Your emotions should never get the best of you in a professional or leadership setting.



Every day, when you catch yourself censoring your own ideas, push through and speak up. Don't let fear hold you back from contributing to the team.

