



How to Increase Your Confidence Worksheet

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What three qualities do you feel most confident about yourself on or off the stage in your life? It could be in a totally different area of your life like sports or painting. Write them out and explain each here:

Quality 1:

Quality 2:

Quality 3:

What three qualities do you feel less confident about? Explain here:

Was there a time when you felt really proud of how you achieved a goal in your life?
How did this experience make you feel?

Now take a moment to recall this positive experience and actually use it for your next audition. You want to take this past achievement and make that your goal for how you feel at this audition. Remind yourself that you have confidence and use it for this new experience. How would you behave at your audition if you could feel this way?

How would it make you feel about yourself to be confident at your audition?

How would being more confident change your life in general? Do you believe it's possible?

Who do you admire who seems like they are confident? Why do you think they are confident?

What are 3 things you could tell yourself right now to feel **more confident**? Tell yourself these three things everyday for this next week.

1.

2.

3.

What are three things you should stop telling yourself that **decrease** your confidence? Make a deal with yourself to not say these things for the next week, or, catch yourself the next time you start to feel these things.

1.

2.

3.

Write out your hope and goal for your next audition in your “Best Audition Scenario”. This will be the best possible scenario for the audition! Write out the entire process from you selecting the right material, practicing consistently, and then going to the audition. What will happen then at the audition. How will you feel?:

What do you need to do to actually make this Best Audition Scenario happen? You can not control what the judges will decide, but think about the things you do have control over:

1. Ace your audition material.
2. Have a positive attitude.
3. Practice enough to feel fully prepared.
4. Talk with ease to the Judges.
5. Feel good about your audition experience!

Finally, write out your audition game plan so that you will feel confident in these 5 areas listed above. What do you need to do to make these things happen for yourself? Take control of your experience and you can make this Best Case Scenario happen!

