

DR V BROOKS DUNBAR, THE CONFIDENCE COMMANDER
CONFIDENCE COACHING SERIES



Relational Confidence
Workbook

How Confident are you in the belief that your relationships are moving you closer to your goals?

This workbook is designed to help you assess the strength of your relationships and the degree to which these relationships are positively or negatively challenging your dreams.

Relational confidence is the confidence we receive from the direct support of others in specific areas of our lives. These value-based relationships are an important aspect of goal achievement.

For relational confidence to occur, both parties must have a relationship of trust conjoined with identifiable and measurable actions that are aligned with positive and purpose-driven intentions.

Confidence-building is the active process of increasing your knowledge, skills, and abilities to a level that results in self-trust and belief in the choices and decisions you make, along with an expectation of positive outcomes resulting from your authentic actions and strategic reactions.

We exist to create high achievers and business performers.

We at The Center For Confidence (TCFC) believe that the outcome of coaching is self-belief and gaining “the confidence to act.” Our mission is to empower every individual to gain and sustain confidence to achieve their full life potential, at the earliest age and opportunity.

www.drvtbrooksdubar.com

www.TheCenterForConfidence.com

Confidence Commander

TAKE THE
PLEDGE

I accept that I am a creator. Everything I could possibly need is **AT THIS VERY MOMENT** in and about my consciousness.

I am a command center of **COURAGE, AUTHENTICITY, DECISIVENESS, AND POISE** with the mental bandwidth necessary to fully activate and experience my dreams.

I create exactly what I need to be
WHOEVER I WANT.

Signature _____

Date _____

Help us and our founder, Dr. V Brooks Dunbar, achieve our goal of 1 MILLION who have taken **THE CONFIDENCE COMMANDER PLEDGE** to act on their dreams with courage, authenticity, decisiveness, and poise.

 **BROOKS
DUNBAR**

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Self Discovery

Who Are You and Why Do You Do The Things You Do?

- What's your personality type? Click [HERE](#) to take the test.

- Take the 16 Factor Personality Assessment

- What values do I hold? Click [HERE](#) to take the survey.

- Take the Values In Action Assessment

- What are your strengths? Click [HERE](#) to "purchase" the assessment only of YOUR FIVE STRENGTHS. (OPTIONAL)

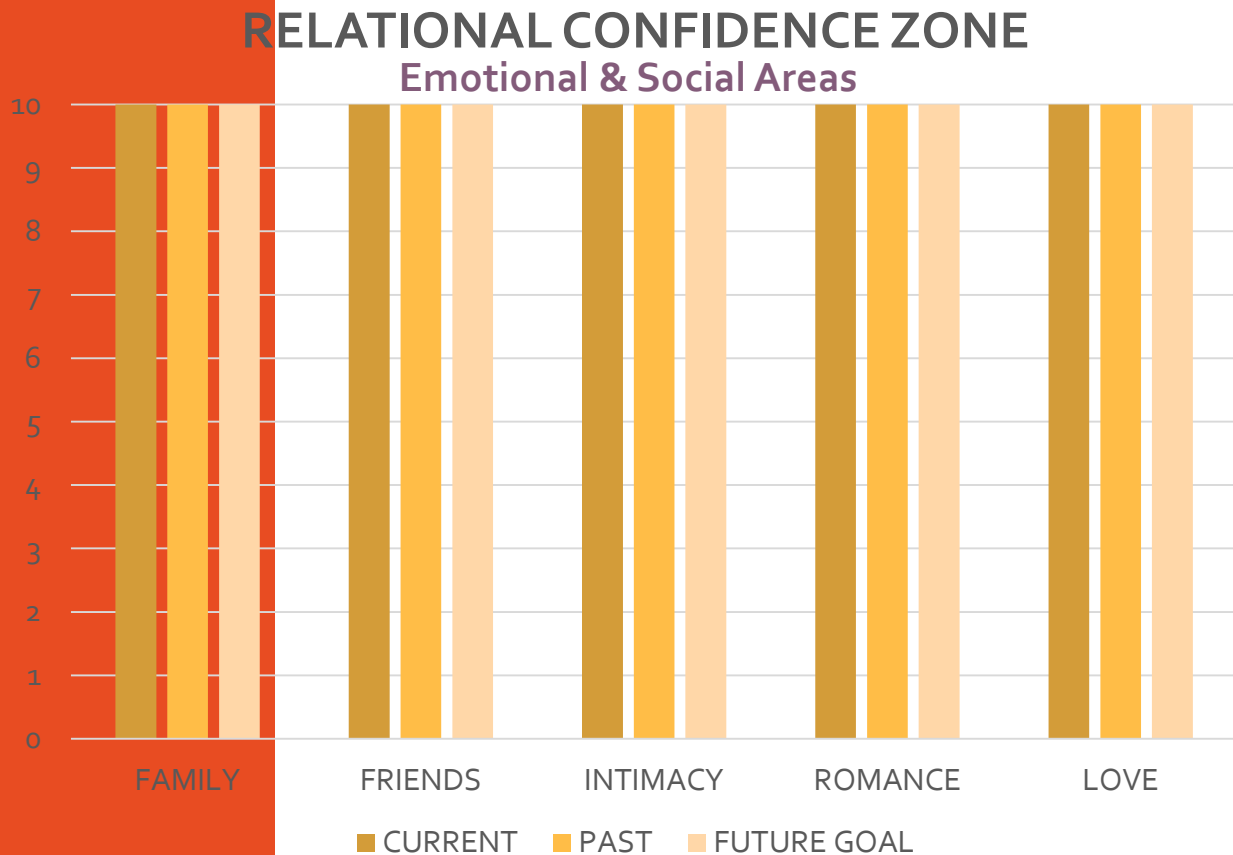
- Take the StrengthsFinder Assessment

- What characteristics stood out? _____

- Which are more like you? _____

- Which are least like you? _____

Discover Your RELATIONAL CONFIDENCE Zones



How confident are you in each relationship area (family, friends, intimacy, romance, love) of your life? With 1 (one) being not confident at all, to 10 (ten) being unquestionably confident. Place your CURRENT numbers in the box below the associated zone. [Skip any boxes that do not apply.]

If I can take action to improve ONE area of confidence, what will that one action be? AREA _____ ACTION _____

Increase Your RELATIONAL CONFIDENCE

- What's your current level of relational confidence?
_____ (write your score here) Add up the numbers in the boxes and divide by the number of boxes completed.
- In what specific area are you least confident? (for example family, friends, intimacy, romance, or love?)

- If I could take one to three actions to improve one or more areas of relational confidence, what would that be?

- What would prevent me from accomplishing this or these actions?

- How will I hold myself accountable?

Designing a Confidence-Building SYSTEM FOR SUCCESS

Creating S.M.A.R.T.E.R. Outcomes

- Identify your Target Zone and Area of Focus:
 - CONFIDENCE ZONE:

- AREA OF FOCUS:

- Identifying Your Desired Outcomes (example on next page):

- Identify Your **Supporting Habits**: What new habits will I activate? What old habits will I replace?

- Identifying Your **Supporting Relationships**: What new relationships will I activate? What old relationships will I reframe?

- Identify Your Strategy for Re-evaluation & Reset:

Confidence In Action

ACTION | PERFORMANCE | RESILIENCE | SUCCESS

ACTION

Desired Outcome with Action Plan Examples

- **CONFIDENCE ZONE: RELATIONSHIPS**
- **DESIRED OUTCOME:** Improve the in-person time I spend with friends.
 - Action 1: Call (insert name) to schedule a weekly lunch or after work meet-up and ask to commit to making it a regular occasion for quality one-on-one time.
 - Action 2: Call (insert name), apologize for missing their opening event and ask them out to a place they enjoy, my treat.
 - Action 3: (SUPPORTING HABIT(S)) Calendar 30 minutes each week to make a surprise visit to my friend's office and bring a homemade snack.
 - Action 4: (SUPPORTING RELATIONSHIPS) Meet with (insert name) and ask that they become my relationship mentor to talk through challenges and hold me accountable.

PERFORMANCE

Hold Yourself Accountable to the Outcomes You Seek

ACTION CODES: Complete (C); On-Going (OG); Updated (U)

ACTIONS	3-MONTH	6-MONTH	12-MONTH
ACTION 1			
ACTION 2			
ACTION 3			
ACTION 4			

Confidence In Action

ACTION | PERFORMANCE | RESILIENCE | SUCCESS

RESILIENCE

RE-EVALUATE:

RESET/REVISE ACTION: Complete, Ongoing, Updated

SUCCESS!

Log and Celebrate Completed Actions & Outcomes

CELEBRATE DAILY (COMPLETED ACTIONS):

My Success Map

Create any Art, Doodle, or Graphic that Depicts
Your Vision of Success

TCFC's Proprietary System, Discover Your Confidence Zones™, is a customized system that includes a comprehensive audit focusing on the level of confidence a woman exudes in various aspects of her life. From believing and asking for what she is worth and having an ability to lead and influence, to how confident she is in the self-image she projects both personally and professionally. Our program allows us to laser in on what areas she needs to elevate so our team can address those needs. Download additional resources and products at www.drVbrooksDunbar.com and click on "Bookstore & Gifts" tab.

More From Dr. V and TCFC

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Confidence is a Lifestyle. Live it!

TAKE THE CONFIDENCE COMMANDER PLEDGE*

TAKE THE RELATIONAL CONFIDENCE SURVEY*

TAKE THE DISCOVER YOUR CONFIDENCE ZONES SURVEY

**JOIN OUR FACEBOOK GROUP: THE CONFIDENCE COMMANDER
CONFIDENCE CIRCLE**

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RELATIONAL CONFIDENCE WORKBOOK***

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JOURNAL**

**DOWNLOAD OUR "DISCOVER YOUR CONFIDENCE ZONES"
PLANNER**

DISCOVER YOUR CONFIDENCE ZONES PERSONAL AUDIT SYSTEM

CONFIDENCE-BUILDING COURSES

CONFIDENCE BOOSTERS-BY APPOINTMENT

CONFIDENCE COACHING-BY APPOINTMENT

QUOTES BY WOMEN IN POWER, ON WOMEN IN POWER*

**GET YOUR COPY: *DIVA DECISIONS: HOW TO GET FROM SMART TO
INTELLIGENT BY CLAIMING YOUR POWER OF CHOICE***

***FREE SURVEYS, GROUPS, AND DOWNLOADS AVAILABLE NOW.**

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