

Level Up

GUIDE



**WHERE
CONFIDENCE
COMES FROM**
W/JOHN BARRETT



SESSION SUMMARY:

Confidence plays a pivotal role in leadership success, but it's a common misconception that it precedes action. In reality, confidence is cultivated through taking risks and learning from experiences. Facing fears, especially the fear of failure, and embracing uncertainty are crucial steps in building confidence. Leadership coach John Barrett's journey illustrates that confidence grows through action and continuous learning, not from waiting to feel ready. By challenging ourselves to take action in areas where we lack confidence, we can initiate a cycle of growth and self-improvement, leading to greater confidence and success.

GROUP QUESTIONS:

1. What stood out to you the most from the video?
2. Can you share a time when you took a leap of faith and gained confidence as a result?
3. Why do you think people often wait for confidence before taking action?
4. How can we support each other in stepping out of our comfort zones?
5. What role does experience play in building confidence?
6. How can we apply the principle of 'going before confidence' in our daily lives?
7. What are some practical steps we can take to overcome fear and take action?
8. How can we remind ourselves to keep moving forward even when we feel unsure?

APPLICATION:

This week, identify one area in your life where you have been waiting for confidence to take action. Make a plan to take a small step forward in that area, trusting that confidence will come as you move forward. Share your plan with a friend or team member for accountability.