**Confidence (How to Have More Confidence by Brendon Burchard)**

**(Video Clip Discussion Questions)**

1. Have you ever woken up and decided you were going to do something or be a certain way? Describe the experience.
2. In your opinion, have you been allowing yourself to consistently be who you are? Why or why not?
3. Do you shy away from doing new things because you are uncertain?
4. Do you think you can build new skills and meet new people by putting yourself out of your comfort zone?
5. Have you ever found yourself waiting for stuff to happen in your life?
6. Do you believe that doing more things in life with clarify the vision you have for your life? Why or why not?
7. Have you ever gone out to find a more positive (or more supportive) group of people? If yes, describe the experience.