

**Hey there!**

Remember—the second step in becoming an emotionally intelligent leader is learning how to build real self-confidence. Let's refresh your memory from The Anatoliah Talk:

**Q1.** Which social media app do you usually first check in the morning? Circle one

✓ **Tik Tok - Instagram - Twitter - YouTube - Facebook**

**Q2.** After scrolling, how do you mostly feel? **Empowered - Disempowered**

**Q3.** After you scrolling and feeling a certain way, what type of decision do you make?

✓ **Positive decisions – Negative decisions**

**Q4.** What's one area in school where you feel most confident? \_\_\_\_\_  
(hint: it could be a subject, sport, or activity)

**Q5.** What's one area where you want to grow more confident? \_\_\_\_\_  
(hint: think of something that challenges you)

**Q6.** Do you fully understand how The Anatoliah confidence pyramid works? \_\_\_\_\_

**Positive Focus ➡ Positive Feelings ➡ Positive Decisions ➡ Strong Confidence**

**Negative Focus ➡ Negative Feelings ➡ Negative Decisions ➡ Weak Confidence**

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✦ **Leadership Reminder:**

Confidence isn't about being perfect—it's about choosing to focus on what empowers you. Leaders understand how focus shapes emotions, emotions shape decisions, and decisions shape confidence.

