



# The Ultimate Guide To Success & Confidence

*For Women Only!*



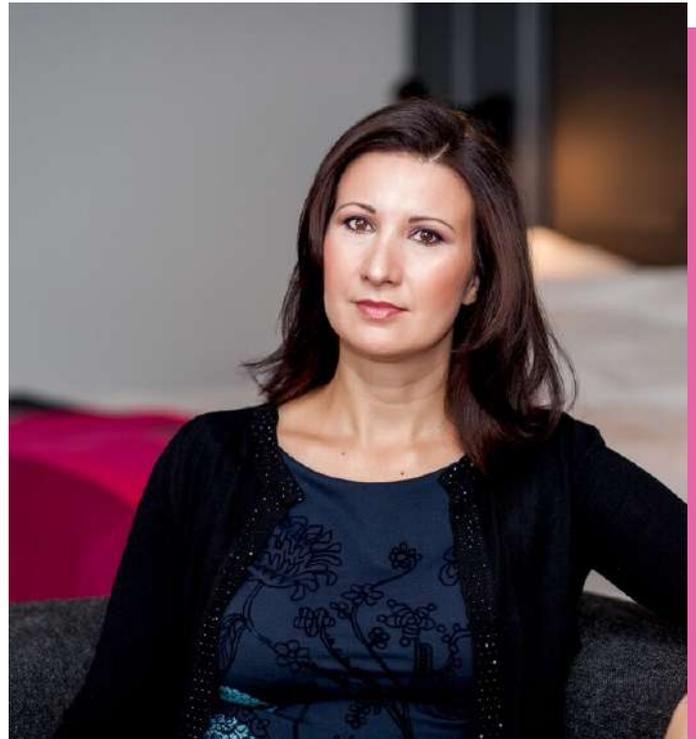


# Hi there! Thank you for joining me today!

Now, if we don't know each other just yet, let me share a little bit about who I am and what I do.

**My name is Agata Galuszka and I'm a success coach and the founder of Ultimate Confidence. My mission is to give you the tools to create a life and business you're excited about.**

Over the years, I've worked with hundreds of women just like you--desperate for change, craving freedom and some semblance of balance between their work and home lives.



For some that meant switching careers; for others, it meant making the leap from worker bee to entrepreneur. But what they all had in common is that each of them was struggling in some way with the SAME three things that were slowly but surely chipping away at their confidence without them even realizing it--they just accepted these things as facts about themselves and the world around them.

Now, if you asked any of these women if they were confident, most of them would answer, “absolutely!” But after digging deeper, it became clear that a lack of confidence was at the heart of their confusion around what they wanted and what steps were required to achieve their desired outcome.



If you haven't already, grab a pen because you're DEFINITELY going to want to take some notes on this (and there's plenty of space for them!) I'm about to reveal the three things you need to STOP doing in order to create a life you love. I've also included a few techniques that'll change the game for you when you put them into practice.

As you read through this workbook, you'll notice that the three things I'm sharing with you here are similar but different; different in that they're three distinct ways we tend to sabotage ourselves but similar in that they're all connected and work in tandem with each other. That's why I included them...that, and also because every woman I've ever known (myself included) has struggled with them at some point!

# 1. Perfectionism: The Ultimate Saboteur

**Let's talk perfectionism for a sec, shall we? I'm all for having high standards...the desire to grow and become a better version of yourself is a good thing. Perfectionism is entirely different but it's wrapped up in and presented in a pretty little package that looks a lot like self-improvement.**

As women, society expects us to have our shit together at all times. The problem is, we make this expectation part of our own internal operating systems and somehow set the bar so high for ourselves that we can't possibly reach it.



Striving for perfection instills a fear of making mistakes because you start to equate mistakes with failure and noooooobody wants to be seen as a failure. It's paralyzing to feel like mistakes are unacceptable. With this mindset, decisions of any kind are anticipated with stress and anxiety because you think, what if I do the wrong thing? Stress and anxiety lead to procrastination; procrastination leads to doing the thing that guarantees no mistakes will ever be made: nothing.

**Here's the thing:** you can't get anywhere in life without trying and trying means you WILL make mistakes along the way; it's an inevitable part of the process (sorry to be the bearer of bad news.) But if you can start to see mistakes as opportunities to learn and grow rather than as complete failures, you'll be able to make decisions with ease and excitement instead of stress and overwhelm.

**Sounds easier said than done, right? Well here's an exercise that's going to help you do a little cost/benefit analysis of what you're giving your energy to and allow you to decide if it's in alignment with what you truly want out of life.**

## Exercise:

It's time to take a long hard look at what perfectionism is costing you. Let's face it, trying to do everything perfectly uses a lot of energy that could be spent on other things...things that actually bring you joy rather than cause you stress. It's important to evaluate the tradeoffs you might be making without even realizing it.

Take a page out of your notebook and draw a line down the middle to make two columns.

In the 1st column, write down a goal or accomplishment you've been working toward (or one you've tried to achieve in the past.) In the 2nd column, list the things you're giving up (or had to give up) in pursuit of each goal.

**Now, look at your list.**

- **Are your goals compromising your health in some way? Are you getting less sleep, less exercise, or practicing less self-care?**
- **Are your goals affecting your relationships? Do you have to skip out on family dinners or date nights with your husband? Do you have less time for your girlfriends?**
- **Have you given up things you want to do for things you “have to” do?**

**Are the things you're giving up affecting your quality of life? Be honest with yourself. Are you ultimately compromising what's truly important to you in pursuit of perfection? Is it worth it?**



# Notes



## 2. You'll never win the comparison game



**Social media is a fantastic tool. It allows us to connect with family and friends we don't get to see (or maybe don't care to see) on a regular basis and makes it possible to build an online empire from any corner of the world with WiFi access. But there's a definite dark side to this internet business.**

How many times have you found yourself scrolling your newsfeed, comparing your body, your home, your husband, or your kids to someone else's carefully curated Instagram grid?

And then there's the flip side of the envy. You know what I'm talking about...the posts that make you feel smug and self-righteous because you know you're right and you're soooooo much better than so-and-so.

Either scenario is a lose-lose for you. It takes you out of the present moment and doesn't allow you to experience the joy in your own life. In fact, studies have actually shown that social media increases depression and anxiety, and decreases overall well-being. Yikes!

**Now, I'm not suggesting you give up social media entirely. It's pretty much a necessity if you're starting a side hustle or building a brand. And let's face it, it's fun to see what's happening in other people's virtual worlds. But when you stop comparing yourself to the perfectly styled lives strangers present to the world on the internet, you'll be able to enjoy your imperfect moments more fully.**



## Exercise:

**This exercise has two parts. The first one is one and done and fairly simple but super powerful.**

### PART 1

I want you to take an inventory of who you're following on social media. Assess everyone, from the former coworkers to the fitness gurus. Which accounts trigger you and make you start saying things like, "If only..." and "I wish..."? Unfollow or unfriend them. Like, right now.

You may want to resist this because clicking the unfollow or unfriend buttons will bring up a whole lot of feelings. You might feel guilty or like you're giving up on a dream to have what they have or look how they look.

**The truth is, anything that shows up in your newsfeed, makes you feel less than and prompts you to say mean things to yourself is not improving the quality of your life. It's hurtful, plain and simple. Unfollow/unfriend and move on. It'll be okay, I promise.**

## PART 2

This next part of the exercise is ongoing. It's something I really want you to take 5 minutes to do at the end of each day.

**Focus on gratitude. Write down 5 things you're grateful for in your own life right now and every day moving forward. This can seem a little forced and silly when you start doing it but it's so powerful. Over time it will truly change the lens you see your life through.**

**And what you're grateful for doesn't always have to be profound. Some days the thing I'm most grateful for is having coffee by myself for 5 minutes before my son wakes up. It all counts.**



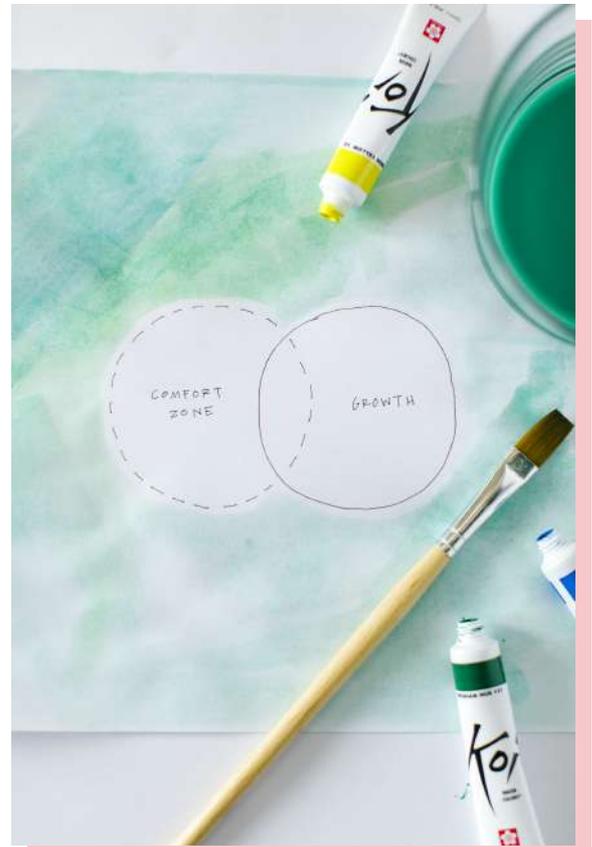
# Notes



### 3. Let me introduce you to your inner critic.

**The things you say to yourself matter. A lot. Your inner dialogue shapes your thoughts and influences the way you show up in the world.**

At first glance, it might seem like negative self-talk is beneficial; it's as though its purpose is to make you a better version of yourself by pointing out where you have room to improve. In fact, the opposite is true. Negative self-talk inhibits you, fuels the limiting beliefs you hold about your abilities and prevents you from creating the life you want.



Think about it this way: self-criticism is a form of negative reinforcement. It acts as a punishment for the things you think are wrong with you vs. being a reward for what's right. Would you yell at your kid for mispronouncing a word when she's learning to read? Of course not! You'd praise her every time she got it right, so why should the way you talk to yourself be any different?

Positive self-talk has a very different effect but for a lot of us, it's not second nature. We have to work on being intentional with our thoughts and internal dialogues. Learning to speak to yourself like you're your own BFF is the best way to build confidence and learn to trust in your ability to make decisions that move you in the direction of creating a life you're excited about.

## Exercise:

**You can't change what you don't acknowledge, so the first step is to recognize that what you're dealing with is a compilation of thoughts that aren't serving you; then you can begin to do the work of changing them.**

On a piece of paper (or in the notes section here) list the top 3-5 mean things you say to yourself on a regular basis. Go down the list and on each one, ask yourself if it's true. It's not true because you say it's true. It's only true if it's an indisputable fact.

Next, I want you to challenge each statement on your list with an alternative positive statement. You won't believe these alternative statements at first but with time and practice you will change your thought patterns and your tendency to focus on the negative will shift.

**Believe it or not, what we think is a choice. Replacing words that bring you down with words that lift you up takes practice but it's one of the best ways to build confidence. The more confident you become, the more clarity you'll have because you'll learn to trust your thoughts and ideas.**



# Notes

