

# CONFIDENCE WORKSHEET

Your Name:

Today's date:

Confidence Feels Like...

Confidence Looks Like...

I'm Grateful For...

CONFIDENCE LOG FOR THE LAST WEEK  
When did you feel most confident?  
Least confident/most intimidated?

One Risk I'm Willing To Take  
This Year Is...

The setting where I most  
compare myself to others is...  
Instead of comparing, I will...

It's time to fire my itty bitty  
shitty committee! I will  
nurture my inner lion by ...

# SOCIAL CAPITAL WORKSHEET

Your Name:

Today's date:

## ACADEMIC CAPITAL

- Having the right degrees from the right schools.
- Having a degree that is valued in the marketplace.
- Having certifications or certificates needed by industry.

## CULTURAL CAPITAL

- Knowledge of cuisine, music, art, wine.
- Knowledge of other cultures.
- Ability to cross boundaries – physical or cultural.

## LINGUISTIC CAPITAL

- A facility with words.
- Knowledge of multiple languages.
- Knowledge of computer languages.

## NOTES:

I can increase my academic capital in the next 3 years by...

I can increase my cultural capital in the next 3 years by...

I can increase my linguistic capital in the next 3 years by...

# SOCIAL CAPITAL WORKSHEET 2

Your Name:

Today's date:

## SYMBOLIC CAPITAL

- Awards or other markers of prestige.
- Recognized fellowships or honors.
- Worked at prestigious or respected organizations.

I can increase my symbolic capital in the next 3 years by...

## NETWORK CAPITAL

- Connections to those with resources.
- Ability to get things done through connections.
- Well-known to/by others.

I can increase my network capital in the next 3 years by...

## POLITICAL CAPITAL

- A facility with the internal workings of your organization.
- Understanding of how to navigate politics.
- Willingness to use political skills.

I can increase my political capital in the next 3 years by...

## HABITUS

A habitus is a body of conscious and tacit knowledge of how to travel through the world, which gives rise to mannerisms, tastes, opinions and conversational style.

I can expand my habitus in the next 3 years by...

# PROMOTION VS PREVENTION WORKSHEET

Your Name:

Today's date:

**I'm concerned about this project. Isn't it risky?**

**I'm worried that you haven't thought this through. What will you do if this fails?**

**I'm not sure you're the right person to take this on. You've never done it before, have you?**

Choose one of the questions above. Think through how you might answer this from a PROMOTION vs. PREVENTION orientation. How might you frame your answers in terms of hopes, achievements, advancement, and ideals? How might you focus on potential gains and your plans for success?

## **Promotion Orientation**

- Questions focus on hopes, achievements, advancement, and ideals
- Focus on potential gains and plans for success

## **Prevention Orientation**

- Questions concern safety, responsibility, security, and vigilance
- Focus on potential risks and test whether women have 'done their homework'

No matter which way the question is structured, you want to answer it from a promotion orientation.