I recommend using a journal to make notes for the exercises – or printing out the workbook.

Come and find me on Instagram – I'm @ChloeBrotheridge and I'd love to hear how you're getting on with the book.

CHAPTER 3

Exercise: recognize you’re always learning

What have you learned lately? What new skills have you developed? Perhaps you recently changed from using an iPhone to an Android and got the hang of it in a matter of hours, or you had to get used to a new piece of software at work, or you learned the rules of a board game so well, you could teach others. Make a mental note of the ways you’ve learned new things and developed your skills recently.

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CHAPTER 3

Exercise: write your mission statement

Focus on your ‘why’ to create your mission statement. For one, why are you reading this book? Think about these areas too: Why you want to grow. Why you want to stand up for yourself. Why you want to carve out more time for you. Why you want to be braver.

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CHAPTER 4

Exercise: handing over your unwanted baggage

When you care too much about what other people think of you, you are taking on a lot of other people’s stuff.

This guided meditation will help you begin to care less: Close your eyes, take some deep breaths and imagine each part of your body relaxing in turn. Imagine you’re carrying a heavy rucksack. In the rucksack are all the unhelpful stories you’ve taken on board in your life. Recognize how they’re all based on the past; you took on other people’s judgements, insecurities and stress. Imagine feeling the weight of that on your shoulders. But it’s all out of date and it doesn’t apply to you any more. Those old stories that were designed to keep you safe – playing small, bending yourself out of shape to try to fit in, rejecting yourself before anyone else has a chance to – they’re all out of date. The past is over now. It’s time for a new way of thinking, feeling and responding. Allow the rucksack to slide off one shoulder and to the ground. Feel a sense of relief, like a weight having been lifted off your back.

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CHAPTER 5

**Exercise:** your old story vs your new one

In this exercise, start to uncover all the old stories and beliefs that have held you back. Think of situations that affected you. What meaning were you giving each situation? What story are you telling yourself? Can you think of another possible explanation that can become your new story?

For example: What happened Old story New story My dad left when I was twelve. I made it mean that I am unlovable and will be abandoned. It means I developed a pattern of neediness and of people pleasing. Dad left for his own reasons that have nothing to do with me or how much he loved me. Many other people love me and have stuck around.

<table>
<thead>
<tr>
<th>What happened</th>
<th>Old story</th>
<th>New story</th>
</tr>
</thead>
<tbody>
<tr>
<td>My dad left when I was twelve.</td>
<td>I made it mean that I am unlovable and will be abandoned. It means I developed a pattern of neediness and of people pleasing.</td>
<td>Dad left for his own reasons that have nothing to do with me or how much he loved me. Many other people love me and have stuck around.</td>
</tr>
</tbody>
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CHAPTER 5
Exercise: talk to your negative beliefs

Think about yourself as made up of different parts, with one of them the part that feels they don’t belong, aren’t good enough or will be abandoned. It can be helpful to think of this part as a separate character or person.

Step 1: Imagine the part of you that’s responsible for the feeling of being rejected as a character or version of you. What does she look like? How does she act? What does she want? How is she trying to help you? Reboot your beliefs. For example, I have a part of me that feels separate, left out and that doesn’t belong. She looks like me aged fourteen – tall and skinny, with glasses and braces. She’s awkward, shy and ashamed. She’s desperately trying to help me fit in, by being accommodating, meek and keeping quiet so she doesn’t stand out. She’s trying to keep me safe from feeling embarrassed or getting rejected.

Step 2: Thank this part for what she’s been trying to do. Let her know how grateful you are that she’s been trying to keep you safe for so long. Then explain to her that what she’s doing isn’t needed any more. Tell her that she’s operating on old information, that she’s not in secondary school (or wherever is relevant) any more. Tell her everything you love about her. Give her a big hug and some words of reassurance.

Step 3: Next imagine another part of you. This part is strong, confident and knows her worth. I like to imagine mine mixed with a dash of Beyoncé and a hint of Wonder Woman. She’s standing tall, holding her head up high and exuding confidence and self-esteem. Now imagine the old part merging into your new part and the whole becoming even more empowered. Let this new part take over and imagine acting, thinking and speaking from a place of confidence.

CHAPTER 6
Exercise: be a bias detective

Notice where in your life you tend to experience these errors and biases in your thinking. Recognize some of the common thoughts you have and write them down. Then question them. Is this true always? Never? Why should you? According to who?

For example:

BRAVE NEW GIRL, BROTHERIDGE
<table>
<thead>
<tr>
<th>Negative thought</th>
<th>Thinking error</th>
<th>Rational, kind perspective</th>
</tr>
</thead>
<tbody>
<tr>
<td>I lost my train of thought in the presentation and it completely ruined it.</td>
<td>Black and white thinking, generalization and mind-reading.</td>
<td>I got good feedback after the presentation and most of it went well. I don't need to be perfect in order to be good. Some people told me it went well. I can't read minds so I can't know what everyone else was thinking.</td>
</tr>
</tbody>
</table>
CHAPTER 7

Exercise: where are you dumbing down?

Reflect on these questions:

! Are you dumbing down your abilities in order to appear more likeable?
! In what ways and when?
! If so, is doing this really serving you?
CHAPTER 7

Exercise: how you made it all happen

It’s important to recognize your achievements are not all ‘just luck’, but that you are capable, resourceful and talented. Your hard work, your ability to build your network and your intelligence made your successes happen. If you’ve been putting your success down to fluke, it’s time to look at the facts and start giving yourself a bit more credit. In her book

The Coach’s Casebook Kim Morgan includes this great exercise: Write down a timeline of your career, identifying each achievement and success. Crucially, also include details of how you made each one happen.

- Which of your qualities made that achievement possible?
- What does that success say about you?

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CHAPTER 7

**Exercise:** mutual admiration

Contact five friends and colleagues and ask them to tell you what they admire about you and what they believe are your strengths. You may cringe at the thought of doing this (I did at first) but trust me, it’s incredibly powerful. You can return the favour and let them know what you admire about them in the process, for mutual admiration. It’s a beautiful way to tell people the reasons you appreciate, love and admire them while getting some positive feedback yourself. Warning: this exercise will move you – and others – to tears.
CHAPTER 7

Exercise: three steps to overcoming imposter syndrome

1. **Self-compassion.** Feeling like an imposter is incredibly common amongst successful women, so you’re in good company. Having compassion for yourself, in the same way you would for a friend who’s struggling, is key. Remind yourself that feeling like an imposter is a sign you’re moving out of your comfort zone. Growth can be uncomfortable, but it’s a good thing. Accept it’s OK to have these thoughts and feelings. Be as gentle with yourself as you can.

2. **Examine the proof.** What is the evidence that you are indeed capable and good enough? Think back through your life and career and note the successes, progress and impact you’ve had. Remind yourself how you made each one happen.

3. **Do the thing.** Say to yourself, ‘Oh hi, Imposter Syndrome. I see you. But I’m taking action anyway.’ Action is the most potent way to prove your self doubts wrong. You show yourself just what your abilities are. And even if things don’t go to plan, you’re learning important information to help you improve later. If you’re feeling like an imposter, remember that if you’re ‘doing the thing’, you are in fact the real deal. You’re doing it!

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CHAPTER 8

**Exercise:** fill up your compliment bank

Mentally review all the friends, family, partners and bosses you’ve had in your life. As you do, make a list of every compliment each one has given you and every good bit of feedback you’ve received. Save the list somewhere you can review it often – and particularly when you’re stuck in imposter syndrome or self-doubt.
CHAPTER 9
Exercise: alien appreciation

Most of us are conditioned to spot our own flaws. When we measure ourselves against the filtered perfection of Instagram stars, our own less-than-perfect forms can seem starkly lacking.

We’re often much harsher on ourselves than we are on anyone else. I noticed this recently when sitting opposite a woman on the train. I admired her interesting personal style, wearing a checked shirt and boyfriend jeans, the comfortable way she held herself, and her hair that fell artlessly just below her shoulders. She didn’t look polished and she didn’t fit with the constructed idea of perfection that society has created. But she was beautiful and I could appreciate her attractiveness in a way I couldn’t my own.

It made me think of all the times I’ve only been able to see my flaws. And reminded me of how easily our self-perception can become warped, due to our own low self-esteem and when reflected by the media and social media.

In this exercise, I’d like you to start to see yourself the way a (friendly) alien would. To this alien, without a frame of comparison or perfection, everything is equally beautiful and amazing – every colour, shape, size and texture is incredible.
CHAPTER 9
Exercise: a letter to your inner critic

I’ve named my inner critic Angelica, after the mean little girl from Rugrats. I suggest you give yours a character too, complete with a silly voice. It could be from a film or TV show, or one you make up. This will help you to distance yourself from the unwanted inner voice, to take it less seriously. Now write her a letter, thanking her for what she’s been trying to do and letting her know it’s time to part ways. This is my example:

Dear Angelica,

I see you. I know what you’ve been trying to do. I know you’ve been trying to help me. I know your perfectionism and criticism is because you’ve been trying to make me ‘better’. I see you’ve been trying to protect me; from failure, from the judgement of others. But when you put me down, it hurts just as much as someone else doing it (possibly more). And you’re holding me back from what I really want.

Thanks for what you’ve been trying to do, but it’s time for us to say goodbye. I’ve outgrown you now. Perfection is a myth and I don’t need you to protect. Say goodbye, inner critic me any more. I’m putting you on the shelf and, from now on, I’m not letting you interfere with my life or hold me back.

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CHAPTER 10
Exercise: change your self-talk around perfectionism

We’re often much more forgiving of others than we are of ourselves. When you get stuck in a perfectionist thought, try answering back with something more rational and positive by imagining what a friend would say to you. They might say something like this:

! ‘Everyone says the wrong thing at times and it’s really no big deal.’
! ‘You are so much more than your appearance – imperfections are beautiful when you embrace them.’
! ‘No one is perfect!’
! ‘Your best is always enough.’
‘Don’t let perfect get in the way of great.’
‘Everyone makes mistakes at times, it’s just being human.’
‘If someone is judging you harshly, it’s usually the case they’re judging themselves too.’
‘Done is better than perfect.’
‘If some people don’t like you – that’s all right. It’s impossible to be liked by everyone.’
CHAPTER 11

**Exercise:** be a bitch-free zone

If you want to love yourself more and accept yourself, learning to be less judgemental of others is an important stepping stone. Make a commitment to refrain from talking negatively about others behind their backs, remove yourself from bitchy conversations and let others know that you don’t want to speak badly about people who aren’t there.
Imagine two chairs in front of you. In the left-hand chair, see yourself one year in the future, not having changed anything about the way you behave, your relationships, your boundaries. What do you notice about her? What does she say? How does she feel? What is she doing with her life? Now imagine a second future you on the right-hand chair. This is a you who has made significant progress at being more Brave New Girl assertive, brave and confident. She has set her boundaries. What do you notice about this future you? What does she say? How does she feel? What is she doing with her life? What advice does she have for you about how to get to where she is now?
CHAPTER 12

Exercise: what are my boundaries?

Your boundaries are based on your needs. Go through each of these categories, working out your needs and setting a boundary for each one.

Phone boundaries. When you’re available to answer calls, reply to texts and interact on social media.

Sleep boundaries. The time you go to bed and wake up. Email boundaries. When you are available and willing to reply to emails.

Physical boundaries. Your personal space, when and where you’re happy to be touched.

Sexual boundaries. What is and isn’t OK with you sexually.

Brave New Girl emotional boundaries. Separating your feelings from the feelings of someone else. Not taking on the burden of, or responsibility for, other people’s feelings.

Financial boundaries. When you’re happy to lend money, or pay, and when you’re not. Time with others. How much time you spend with family, friends and children, how much time you need for yourself. How much time you’re happy to spend doing favours and helping out.
CHAPTER 13

**Exercise:** what do I really think or feel?

Asking yourself these questions will tune you into what you really think and feel. Get into the habit of asking yourself:

- What do I want? If nobody else’s opinion matters, what would I choose?
- How to please yourself. What decision is most in line with my purpose, values, beliefs or passions?
- What does my intuition tell me is the right answer?
- What would I do if I was putting myself first?
CHAPTER 14

**Exercise:** lost time meditation

Teacher and speaker Araminta Barbour taught me this meditation. It’s designed to inspire you to find and stick to your ‘no’.

Close your eyes, take some deep breaths and relax. Let your mind drift back, to reflect on all the time, energy and money you’ve wasted saying yes to things you didn’t really want to do. All the films you didn’t want to watch, the coffees you had with people you didn’t want to have them with, the meetings you sat through you didn’t need to attend, the weddings you couldn’t afford to be at.

Brave New Girl

Reflect on all the minutes and hours, energy and cold hard cash you’ll never get back. Allow yourself to feel a little angry. Channel the energy of your anger into deciding to set firmer boundaries and finding your ‘no’ more easily.
CHAPTER 14

**Exercise:** schedule your hell yeahs

What things are a hell yeah to you? What are the most important to your well-being and happiness? How would you most like to spend your time? Schedule your number one priorities into your diary . . . then watch how everything else fits in around them.
CHAPTER 14

**Exercise:** what to say no to

Make a list. You’ll probably want to include some of these examples as well as your own.

- Meetings you know, deep down, don’t require you to be there.
- Relationships that drain you or drag you down.
- Anything you strongly resent doing.
- Anything that puts your mental well-being at risk.
- Any romantic or sexual advances that make you feel uncomfortable.
CHAPTER 14
**Exercise:** list your no’s

Make a list of the things you want to say no to. Then make a list of exactly what you will say.

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CHAPTER 14
**Exercise:** practise saying no

Finding small ways to say no builds your ‘no’ muscle and gives you the confidence to say no in more serious or important moments. Where can you practise saying no today? Try declining the offer of more water from the waiter; saying, ‘Not today, thanks!’ to the chugger who tries to stop you in the street; or telling your colleague you can’t come into the last-minute meeting.

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BRAVE NEW GIRL, BROTHERIDGE
CHAPTER 15

**Exercise:** when do you apologize unnecessarily?
When is your ‘sorry’ not real?

Think of five situations where you over-apologize and make a note of them:
1. ........................................................
2. ........................................................
3. ........................................................
4. ........................................................
5. ........................................................

Think of what you could say instead – try ‘excuse me’, ‘thank you’ and ‘please’. Or could you lose the ‘sorry’ completely, replace it with nothing?
CHAPTER 16

Exercise: it’s all just opinion

Tara Mohr, coach and author of Playing Big, offers a reframe to help us remember that everyone is disliked at some time or another. She suggests this:

Read the reviews of your favourite book on Amazon. Some will be rave reviews, others will be stinky ones or will seem mean, illogical or random. Realize that even if an author is world class, there will always be people who ‘reject’ them and their work. Even though you love the book, others will hate it – and there could be a million reasons why. It doesn’t make the book ‘bad’; it’s all just opinion. It’s impossible to please everyone.

Now repeat: IT’S IMPOSSIBLE TO PLEASE EVERYONE.
CHAPTER 17
Exercise: face your fears

Write out each of your fears and their possible consequences by answering the following questions. Try to stay rational and be kind to yourself as you answer:

1. What is scary about being confident, assertive and successful?
2. What do I think the possible downsides of this success might be?
3. What are all the different, more positive and constructive ways I can handle this?

Consider these possible answers:

Friends thinking I’m getting over confident "They reject and abandon me" The likelihood is that they will be proud and happy for me and if they’re not, do I really need them as friends?

Being asked to do more work "I end up burning out" I can stay aware of this and take action if and when it happens. I can take care of myself more. I can set firm boundaries, so I am not overworked.

Getting more praise "It makes me uncomfortable and embarrassed" I can work on accepting praise and compliments. If someone praises me, I deserve it! I can practise saying ‘thank you’ when someone pays me a compliment.

CHAPTER 18
Exercise: how to embrace flaws, mistakes and failures

Exercise 1: Find a way to reframe mistakes you may have made in the past by thinking about what you learned from them. How can you use what you learned to be better next time?

Exercise 2: List the ways or situations in which you are a perfectionist. Are you thinking in black and white or catastrophizing? How could you see things differently? Find the courage to be imperfect What would a good friend advise you to do? Are there ways to lower your standards to ‘good enough’ and to accept enough being enough, so you can move forward?
Exercise 3: List all of the benefits you’ll get from being less of a perfectionist. They might be things such as, ‘I’ll be kinder to myself’, ‘I’ll get more done’, ‘I’ll be able to move forward and take action’, ‘I’ll feel more confident’, ‘I’ll embrace myself as I am’ or ‘I’ll feel less anxious and stressed’.
CHAPTER 18
Exercise: failing on purpose

Sometimes we fear failure because we’ve never had a chance to fail and learn that it’s OK. I’m going to suggest you make small mistakes on purpose. While this might seem excruciating at first, it really is the best way to learn that mistakes are, in fact, no big deal. I’m not suggesting you fail massively by sabotaging an important pitch at work. What we’re looking for is a small, token failure. Try one of these or make up your own:

- Leave a long silence during a presentation.
- Purposely turn up late to a meeting.
- Bake a wonky cake for a friend.
- Wear something mismatched to the office.

You’ll discover that not only will you survive, but no one will care much and you’ll be less worried about failing in the future.
CHAPTER 19

Exercise: take a micro-bravery step

Make a list of the things you’re afraid to do because of perfectionism or fear of failure. What is one small, teeny, tiny step you could take towards the thing you’re afraid to do? It could be:

- Spending thirty minutes researching a new project.
- Deciding what you’re going to say in a tricky conversation.
- Sending an email to set up a meeting.

By taking one, small, brave step forwards, you’ll build your courage to take bigger steps and grow your momentum to move forward.

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BRAVE NEW GIRL, BROTHERIDGE
CHAPTER 19
Exercise: rehearse for success

Think of an upcoming tricky conversation, one where you might fail. Perhaps you need to set a boundary with someone, want to ace a project at work, or ask for what you want in a relationship. Mentally rehearse it going exactly as you want. Use all your senses to imagine it going well: your confident posture, your clear and calm speaking voice, you being 100 per cent present, feeling assertive and self-assured. Do this repeatedly and you’ll create positive expectation and, eventually, a new self-image that will take you into the situation with new confidence.
CHAPTER 19

Exercise: facing fear of failure

If you imagine the worst happening, you can also imagine how you would deal with it. That will set up your inner confidence that you can cope, no matter what happens.

Answer these questions:

- What failure am I afraid of, right now?
- What could happen if I did fail?
- How exactly would I handle this?

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CHAPTER 20

**Exercise: list your shame triggers**

Shame from the past often reaches out and latches on to the present. What you feel shame for now will often link back to your earlier life. Make a list of all the things you feel shame about. Writing them down and seeing them in black and white can help you to see them in perspective; they might even seem quite ridiculous, such as some of my examples below. For each one you write, imagine it’s a friend telling you it as if they were experiencing it, and what you’d say to her or him. This will help you start to view yourself with kindness and compassion.

Ridiculous things I have felt shame about (to name but a few):

- Pooing at festivals.
- Pooing in general.
- Being seen with no make-up.
- Being seen naked by my boyfriend.
- Running for the train at Manchester Piccadilly, missing it, then being seen to be disappointed (must be cool . . . must be cool!).
- Being seen to be bothered about getting dumped (I was bothered).
- Really trying to nail the moves at a dance class . . . and failing.
- Smiling back at a good-looking guy who was smiling at someone else, not me.
- Going in for a hug when my friend’s friend was expecting a handshake.
- Being myself.
- Not being able to escape from my own wet-haired reflection while at the hairdresser.
- Experiencing social anxiety.
- Embarrassing things I did while drunk that I refused to hear about but included kissing inappropriate people or having drunken arguments (fingers in ears la la la la la).

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CHAPTER 21

**Exercise: identify your shame stories**

Which experiences in your life resulted in you blaming yourself and feeling not good enough or unworthy? In a notebook, write down these shame stories. If it feels too uncomfortable to write them on paper – and it can – you can type them into a computer, and either password protect the content or delete it afterwards.
CHAPTER 21

Exercise: give love and compassion to the ashamed part of yourself

This can be very healing. Imagine you are speaking to the younger you, at the time you experienced a particular shame event. Or you can write a letter to her. Let her know it’s not her fault. What can you explain to her that she doesn’t understand or is misinterpreting? What kind words can you say to her? What does she need to know? What advice do you have for her? Send her forgiveness, acceptance and love. Here is what I wrote to my five-year-old self, who felt getting told off by her parents meant she was bad.

*Dear five-year-old Chloe,*

*Your parents love you so much. They get stressed and angry for their own reasons and it isn’t really your fault. Everyone gets told off at times, and it doesn’t mean you are bad. You don’t need to be perfect, you’re actually pretty great just as you are. Mum and Dad sometimes get sad or angry but it always passes and soon, they’ll be happy again. You are a good girl. Everything is going to be OK.*

*………………*
Exercise: try looking in from the outside

Step into the shoes of a loving friend and see yourself and your situation from the outside.

! What would they say to you?
! How would they reassure you?
! What kind words would they have to say?
CHAPTER 21

**Exercise:** share your shame stories

Find a compassionate and loving person – a friend, partner, family member, therapist or support group – who you can share your shame stories with. Remember that shame can’t survive being spoken.
CHAPTER 22

Exercise: your dark side list

Think about what triggers and annoys you about others, then use this to work out the qualities of your shadow side. Add to this the stuff you don’t like to admit to, are ashamed of, that society doesn’t deem ‘acceptable’ (hello, eating a sandwich over a waste-paper bin because you don’t want to get crumbs everywhere).

Now ask yourself these questions:

! How can I start to love and accept these parts, knowing they’re part of what makes me human – and that they’re the parts that need love the most?

! How is the dark side of me trying to help me? Notice what good intentions your shadow parts have. They’re there for a reason.

You don’t need to justify the bad parts, just to bring acceptance to them so you can accept yourself. Carl Jung also said that ‘what you resist, persists’ and taught that when we can allow and accept something, it’s easier for it to dissolve or transform. The energy of resistance keeps you stuck. It sounds counter-intuitive, but when you accept your faults, you’ll find it makes them easier to change.
CHAPTER 22

**Exercise:** identify the positive intentions

With that list of your dark parts, write down what the positive intention behind each one is.

For example:

- I blame others because I can’t stand to be ‘wrong’" This part of me is trying to protect me against feeling I’m ‘bad’. It came from the shame I felt in the past when I’d get told off.
- I’m controlling" Being in control feels safer. In the past, I’ve felt out of control and unsafe. I’m selfish "
- If I’m not selfish, I’m scared my needs won’t get met.
- I’m rude" I have been taken advantage of in the past and I don’t want it happening again.
- I’m angry" My anger is to make right a perceived injustice.
- I’m judgemental and I make assumptions" I believe that by putting others down I can make myself feel better and raise my own self-esteem.
- I’m antisocial" It’s conserving my energy and protecting me against the possibility of rejection.
CHAPTER 23

Exercise: Dear body; thank you, I love you.

We need to flip our focus away from what we feel we lack and on to what we do have goin’ on. Having gratitude for the things your body allows you to do and how it makes you feel is a powerful reminder of what truly matters. I love to do this practice as I get into bed each night. I think about five reasons why I’m grateful for my body that day, for what it helped me feel or do. I tell my body how much I love her. Over time this practice will rewire your brain to think of your body in a positive way. Here are some examples of what you might thank your body for.

! Thank you to my round belly that gives my four-year old such comfort when she snuggles up to me.
! Thank you to my breasts that give me so much pleasure.
! Thank you to my hands that let me stroke my partner’s hair.
! Thank you to my feet for letting me rock my four-inch heels.
! Thank you to my nose that let me smell that stonebaked pizza.
CHAPTER 23

**Exercise:** give yourself a massage

This is great to do before or after a shower or bath. It’s about getting away from what your body looks like and focusing on how it feels. Because it will feel good, both for the hand doing the touching and the part being touched. Close your eyes and give yourself a massage with some oil – coconut, almond, or even olive will do. Add in some essential oils to make it a multi-sensory experience. Focus on the feelings. Send love through your hands, imagining you’re massaging your partner or your child if it helps you to be more loving.
CHAPTER 23
Exercise: get out of your head and into your body

We all know what it’s like to be stuck in our heads. It can get very noisy in there – right?! It also takes us out of the moment, distracts us from what we really feel about a situation, what we really want to say or ask for. If we’re more in our bodies, we’re less likely to be worrying about what other people think of us and we’re able to be present with what’s happening. This exercise is adapted from one in Eckhart Tolle’s The Power of Now and it’s perfect for you if you’re an overthinker who would like to be more present in their body.

*Close your eyes and put your attention on your left arm. How do you know your left arm is there? What is it that you can feel? Perhaps you feel its temperature, the blood pumping or just an inner energy or vibration that’s within your arm. Now, keeping your eyes closed, spread that awareness to the other arm, your hands, your feet and legs, body, neck and head. You should now have an inner awareness of your own body. Congratulations! You’re inhabiting your body now. Can you keep that awareness, even if only for small moments, as you go about your day? Keep coming back to this awareness in your body whenever you remember – or set a reminder on your phone or calendar to do so.*

CHAPTER 24
Exercise: your voice audit: where are you at?

Take some time to reflect on where you are when it comes to speaking up. And think about where you’d like to be, too. Sometimes the light of awareness is enough to kick-start the change you want.

Write down the answers to these questions:

- If you were 100 per cent confident, what would you say, and to whom?
- When and where do you hold your tongue? What frustrates you but you keep quiet about it?
- If you knew you couldn’t fail, how would you speak up and what would you say?
How to find your voice - What would you love to say (or write), but haven’t yet found the courage?
Draw three circles on a piece of paper. Label the inner circle ‘comfort zone’, the next circle ‘stretch zone’ and the outer one ‘panic zone’.

**Step 1:** In the inner circle, make a list of the actions you feel comfortable with. Examples might be: socializing with my close friends, making phone calls at work, meeting people one on one.

**Step 2:** For the next circle, ask yourself, what would be a stretch for me? That is, not so it feels impossible or your palms sweat at the mere thought, but enough to feel slightly uncomfortable. Examples of this might be: socializing with people I’ve just met, being on a conference call at work, meeting with people in a group larger than two.

**Step 3:** For the outer circle, think about what fills you with panic. Maybe it’s the thought of chairing a meeting or going to a networking event? If so, in they go. This circle is to be addressed at a later date.

**Step 4:** Now, what action can you take, today, to move into your stretch zone?

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CHAPTER 25
**Exercise: how to train your lizard brain**

If fear is what’s preventing you from speaking up, this exercise will retrain your nervous system into responding without it. The method – known as ‘classical conditioning’ – is similar to the famous psychological experiment, nicknamed ‘Pavlov’s dogs’, where dogs were trained to salivate in response to a particular sound. The experiment began with the dogs hearing the tick of a metronome, then being fed. After a few repetitions, the dogs began to salivate, anticipating food, every time they heard the tick.

Now, you are going to do some conditioning on your brain. Follow these steps:
Step 1: Go into a situation that is in your stretch zone (look back at the previous exercise where you worked out your zones).

Step 2: Don’t die.

Step 3: Your brain learns that you don’t die, and in fact, it’s safe to speak up.

Step 4: Rinse and repeat.

Step 5: Celebrate how amazing you are.

CHAPTER 25

Exercise: draw your own ladder of bravery

Think of an area where fear holds you back. In which situations would you love to speak up? Which would be the easiest, and which the most challenging? Make a list, ordering it from easiest to hardest, with the easiest at the bottom. What action can you take today (like, right now) to make a start on the first rung? Make a commitment by scheduling something into your diary, telling a friend or making a phone call.
CHAPTER 25

Exercise: find the courage to be a tall poppy

Ask yourself the following questions:

- In what ways could you speak up and encourage others to do the same?
- How could your bravery help others to conjure up their own courage?
- How can you allow yourself to be inspired, rather than threatened, by other confident women?

If you’re looking for permission to do any of the things you think of, permission granted! Remember that if you’re critical of a confident or successful women, it could be that you’re suppressing the part of you that is (or wants to be) confident and successful too.
CHAPTER 25

**Exercise:** watch a video of your role model

Notice everything about them, the way they hold themselves, the way they move, where they look. Make a note of the way they speak, breathe, the pauses they take, the language they use. What is their attitude?

Make a note of the following to refer back to for the visualization in the next exercise.

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BRAVE NEW GIRL, BROTHERIDGE
CHAPTER 25
Exercise: step into your role model’s shoes meditation

You’ve watched a video of your role model and made detailed notes of what inspires you about them. Now download this meditation in the bonuses at www.calmer-you.com/bravebonus.

! Get comfortable and close your eyes. Take some deep breaths and imagine your body relaxing more with every out breath.
! Now imagine your role model is standing in front of you. Notice what it is about her, what she does and how she does it, that you’d love to learn from and make your own. Notice the way she moves and holds herself.
! Now step into her shoes and feel what it feels like to be in her body. Notice the feeling of holding yourself the way she does. Notice the posture. Feel the confident, positive energy.
! Imagine speaking up with the same self-assurance as she does. Feel the sense of self-belief. Notice the positive, confident thoughts. Hear your voice as calm, clear and articulate. Really feel as though you are experiencing speaking up from this person’s perspective.
! Imagine your unconscious mind downloading this way of being and making it your own. Then step out of her shoes and take on board this new internal image of yourself as this confident, assertive person.

CHAPTER 28
Exercise: visualization

Start with this simple visualization. You can do this at home – all you need is a quiet space where you won’t be disturbed.

Close your eyes and relax. Take some deep breaths and allow yourself to settle a little more comfortably into your seat.

Now use all of your senses to play a movie in your mind of you, feeling poised and at ease, exuding self-assurance, making eye contact and pausing when needed, speaking clearly and slowly. Imagine your upright posture, your feeling of excitement and how much you are enjoying saying what you want to say.

BRAVE NEW GIRL, BROTHERIDGE
This detailed mental rehearsal will help you face your next public speaking opportunity with increased confidence, preparing you for success.
CHAPTER 29

Exercise: write a praise list

It’s easy to walk out of a meeting feeling crestfallen at negative feedback, even if it was only 5 per cent of the total feedback, and the rest was encouraging. Because of ‘negativity bias’, our natural tendency as humans is to remember the criticism and discard the praise (it’s all about survival, remember). So make a conscious effort to note down and reinforce any positive feedback. Create a ‘praise list’ of your good points and review it often to reinforce the fact that any criticism doesn’t define you. Write down all the compliments you’ve received, good feedback, successes, things you’re proud of and challenges you have overcome, and add to it every week, reviewing it each time.
Exercise: uncover your strengths

Once you’ve followed the steps below, you’ll have a full list of your strengths. Review them every week, and particularly asking for what you want at work before you go into a situation when you have to ask for what you want.

- What do you believe your strengths are?
- What would your best friend say your strengths are?
- What would your mum or dad say?
- What would your manager or your team say?
- What would your dog say?
- What is easy for you that others find difficult? What else are you good at?
- What else?
CHAPTER 32

**Exercise:** confronting yourself

This exercise allows you to open up about how conflict avoidance has left you stuck. Think of an issue, then answer the following questions:

- Where have I been avoiding confrontation?
- What could the possible benefits be of raising this issue, or having this difficult conversation?
- What are the main points I’d like to make during this conversation?
- Can I script some of it out beforehand?
- Practise with a friend?
- What is the worst thing that could happen in this conversation? What would be the best outcome?
CHAPTER 32
Exercise: prepare your rudeness replies

Think of some situations where you might face, or have dealt with, a rude comment. Plan a brave response to each.
CHAPTER 34

Exercise: how to get good at asking

What challenges would you like to set yourself when it comes to asking for what you want? Write them below and, if you can, schedule them into your diary so you’ll be sure to follow through.
CHAPTER 35

**Exercise: the future you meditation**

Try this simple meditation to help boost your social confidence.

*Get comfortable, close your eyes and take some deep breaths. With each out breath, imagine your body relaxing a little more.*

*Imagine it’s a few weeks or months into the future and you’re feeling more socially confident than ever before. Feel your confident posture, standing tall and with open body language. Hear the positive thoughts you’re telling yourself. Feel yourself breathing deeply and easily.*

*Imagine confidently introducing yourself to someone and asking them questions. Hear the clear and articulate sound of your voice, feel the words flowing easily. Notice yourself making eye contact, smiling and laughing.*

*Doing this sends a powerful message to your subconscious mind. It’s a mental rehearsal that will train you to feel like this in real-life situations.*
Exercise: set yourself a small challenge

Remember, confidence is the prize you win when you challenge yourself. What are some small steps you can take to start to grow it? Make a list of at least three challenges you can set yourself and schedule them into your diary. If this seems scary, remember how good you’ll feel afterwards. Being specific about exactly what you’ll do, or how long you’ll stay, can help this feel more manageable.

Examples might be:

- ‘I’ll go to the networking event and stay for half an hour.’
- ‘I’ll introduce myself to three new people at the engagement party.’
- ‘I will smile at, make eye contact with and acknowledge everyone in the meeting.’
- ‘I will say hello to one of the other mums in the school playground.’
CHAPTER 39
Exercise: begin your friend search

Brainstorm some ideas of where you could meet new people. Schedule one event into your diary. Decide beforehand to introduce yourself to some new people while you’re there.

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CHAPTER 40
Exercise: make a list of healthy risks

What kinds of healthy risks or challenges could you take on to grow your confidence and courage? Brainstorm some ideas, then take some action towards actually doing one of them in the next couple of weeks.

CHAPTER 41
Exercise: notice how you’re feeling

Find two specific words from the outer edges of the Feelings Wheel that describe what you’re feeling right now. Say to yourself ‘I am noticing that I am feeling . . . and . . .’

CHAPTER 42
Exercise: list your self-care essentials

Make a list of fifteen activities which feel like self-care for you. It could be having a bath, taking the dog for a walk, calling a friend, giving yourself a facial, knitting, taking three deep breaths, getting a massage or baking a pie. Schedule a couple into your diary for the coming week, even if it’s just for ten minutes.
CHAPTER 42

**Exercise:** design a resilience-building experiment

I’m always looking for little ways to challenge myself and so build my confidence and resilience. It could be sparking up a conversation with the man making my cappuccino despite the fact I don’t feel like chatting, asking for feedback at every opportunity, or saying yes to something I’m nervous to do. The principle is: you try something, you survive it . . . then you’re all the stronger for it.

*Your experiment might be doing something imperfectly in front of others, saying no, doing something a bit ‘weird’ such as singing as you walk down the street, saying something you’ve been holding back, or sharing a struggle with a friend. Anything that’s a bit out of your comfort zone will work. Challenging yourself in this way will build your resilience and give you the sense you can take on the next challenge. Remember, don’t wait to feel confident before taking action . . . take action and you’ll feel confident.*

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BRAVE NEW GIRL, BROTHERIDGE
CHAPTER 43  
**Exercise:** make your goals real

Make a daily – or weekly, if daily seems unmanageable – list of your goals. Write them as if they’ve already happened, including the positive feeling they will bring.

CHAPTER 43  
**Exercise:** harness the power of sleep

Plan this evening’s problem solving by finishing the following sentence. ‘Tonight I’m going to ask my subconscious for help with . . .’

CHAPTER 43  
**Exercise:** check your self-talk

Notice what you’re saying to yourself. Set a calendar alert to check in with yourself during the day and notice how you’re speaking to yourself. Is it kind? Is it constructive? Would you speak to your best friend that way? If not, it needs to change.
CHAPTER 43

**Exercise:** talk back to your limiting beliefs

Identify your limiting beliefs. Then answer back to each belief as though it’s coming from a wise, rational and loving friend.

For example:

‘I’ll never be good enough to succeed.’ " You cannot predict the future. You have been good enough for many things in life, such as holding down a great job and having a great relationship. This might be challenging, but you’re more than capable.

‘I am broken and can’t be fixed.’ " There is nothing so special about you that you can’t feel better. No one is inherently broken. Progress can always happen and change is inevitable. Look at how far you’ve already come!

‘I’m not smart enough.’ " Smart enough for what? To take a tiny step forward? You have been smart enough for a lot of things, like managing projects at work and getting a good degree.
CHAPTER 44

Exercise: picture a perfect day

Write a few sentences about what your ideal average day(s) would be like. Keep it in the front of your mind by sticking it on the fridge, or regularly looking back in your notebook. Ask yourself: what is the one thing I can do to start to make it a reality? This example might help you start thinking.

I get up early to do some stretches and spend 10 minutes meditating. I make a coffee and walk the dog while listening to a podcast. Next, I make pancakes for breakfast with my partner before cycling to work for 9.30 a.m. I have a focused and productive morning working as a creative director in a fast-paced and vibrant office, before meeting a friend for lunch. After work, I go to choir or I play netball before heading home for dinner.
CHAPTER 44

**Exercise: Do, Be, Have**

I first heard of Do, Be, Have goals from the coach Denise Duffield Thomas. It’s a structure for thinking about what you want, then creating goals and intentions. Don’t worry about how you’ll get to your goals, just allow yourself to think creatively and freely about what it is you want.

In your notebook, split the page into three and write down the following headings: Do, Be, Have. Then fill in your goals.

An example might look like this:

<table>
<thead>
<tr>
<th>Do</th>
<th>Be</th>
<th>Have</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climb up Mount Snowdon</td>
<td>Raise my level of confidence at work to</td>
<td>Flexible working times at my</td>
</tr>
<tr>
<td></td>
<td>an 8/10</td>
<td>office job</td>
</tr>
<tr>
<td>Get a promotion at work</td>
<td>Be confident enough in my own skin to</td>
<td>£10,000 saved in the bank for a</td>
</tr>
<tr>
<td></td>
<td>wear a bikini on holiday</td>
<td>house deposit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do</th>
<th>Be</th>
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