



*How*

B. R. A. V. E.

Balanced

Responsible

Authoritative

Values  
driven

Emotionally  
aware

*are you?*



Brave  
Voice  
Books

How to Nurture, Grow & Boost Confidence  
Self-Assessment & Workbook  
Gillian Walter

# Welcome

Dear reader,

Brave Voice Books is proud to offer this E-Book dedicated to growing confidence in your own Brave Voice!

I wrote this book in response to the feedback, suggestions and reflections generously shared by Brave Voice readers who dived into Brave Voices' creative reflection work and then asked, "And now what do I do with these insights..?"

Each time we enter into a reflective space, we emerge with a new way of seeing ourselves, others and the world. Each new iteration of ourselves takes courage and confidence to practice and develop further.

We are on a journey of learning, development and growth together. We often think of bravery as a first, perhaps even daring, step onto a new path. Practicing, nourishing and developing each brave step leads to confidence and finding and confidently bringing your own Brave Voice into the world is crucial in supporting other voices around you to do the same.

You can find all the other Brave Voice Books resources to help nourish and support your own growing Brave Voice and join the Choir of Brave Voices at: <https://bravevoicebooks.com>

I hope to see you there!  
All the best on your journey,  
Gillian

# How to use this book

Use this book as a resource to:

- Understand strengths and areas that might need some TLC
- Find and clarify themes to bring to coaching or supervision, etc.
- Notice and celebrate confidence growth and development
- Work with clients around authenticity, confidence and more
- Work with teams around culture, communication, etc.
- Ultimately, become more authentically confident and develop your Brave Voice!

Creative reflection work makes you braver!

Brave in this case stands for:

B - Balanced

R - Responsible

A - Authority

V - Values

E - Emotions

Before beginning the self-assessment, spend a moment to centre and become fully present.

My invitation to you is to lean into curiosity with a sense of awe and wonder at whatever learning comes into your awareness as you open this book. Simultaneously, keep a sharp, yet compassionate eye out for any inner-critic (or 'Party-Pooper') judgment that may sneak in between the pages.

I offer a poem defining each segment theme (Balance, Responsibility, Authority, Values and Emotions) from MY point of view at the beginning of each segment. Begin by defining what this word evokes and means for YOU.

Try and answer each question intuitively and without overthinking.

Once you have a personal definition and understanding of each section title, answer each of the 12 questions by rating yourself on a scale of 1-6 where:

1. Very little or not at all.
2. I'm learning, but need many reminders.
3. Generally, in the right environment, group or circumstances.
4. More often than not, although life can get in the way.
5. I have anchors and nudges in place and usually manage.
6. I'm living this quality with daily awareness.

After each B.R.A.V.E. segment, add up your score out of 72.

Remember, there is zero judgment of what went before. All you are doing is discovering places to begin a new journey from.

Take the time to reflect on whatever emerges for you after each section using the reflection prompts before moving on to the next section.

Follow the instructions at the end of the self-assessment to consider ideas for your next steps to nurture your own Brave Voice and develop greater confidence.

# Balance

*How balanced are you?*

## Balance

Finding life balance is like riding a bike.  
You can read as much theory as you like,  
But without your own sense of flow and fall,  
Explanations won't get you far at all,

The secret to riding a bike with flow,  
Is to pedal hard up the hill and know,  
When to hold your legs out and dare,  
To zoom back down with the wind in your hair.

There are times to pedal and times to coast,  
It's about awareness of what you need most,  
For this path's conditions and duration,  
To arrive resourced at each destination.





































It's packing your bags to balance the load,  
Admiring the flowers along the road,  
Avoiding potholes, ditches and tramlines,  
Always keeping an eye on the road signs.

Taking diversions as gifts to explore,  
A chance to dismount and rest at the shore,  
Consider the path you came down and enjoy,  
How balance lived each moment brings deep joy!

# *For me* **Balance** *Means*

I offer a poem defining each segment theme (Balance, Responsibility, Authority, Values and Emotions) from MY point of view at the beginning of each segment. Begin by defining what this word evokes and means for YOU.

# Balance

- |   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| 1 | I recognise when I am in or out of a balanced state.   | 1<br>   | 2<br>   | 3<br>   | 4<br>   | 5<br>   | 6<br>   |
| 2 | I find it easy to be fully present, even in challenging situations.                          | 1<br>   | 2<br>   | 3<br>   | 4<br>   | 5<br>   | 6<br>   |
| 3 | I can quickly and easily return to my centre.  | 1<br>   | 2<br>   | 3<br>   | 4<br>   | 5<br>   | 6<br>   |
| 4 | I reflect from a place of zero judgment or expectation of self, others, or external factors. | 1<br>   | 2<br>   | 3<br>   | 4<br>   | 5<br>   | 6<br>   |
| 5 | I lay out all the facts about a situation with curiosity and without bias.                   | 1<br> | 2<br> | 3<br> | 4<br> | 5<br> | 6<br> |
| 6 | I know what I need to feel safe, open and settled and do it.                                 | 1<br> | 2<br> | 3<br> | 4<br> | 5<br> | 6<br> |

# Balance

7 I approach challenging situations with a clear and open intention to explore.

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8 I make connections with ease.

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9 I reflect with awe, wonder and fascination.

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10 I know my flow state and how to reach it easily.

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11 I am patient with myself.

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12 I connect with my inner-child's fun and curiosity.

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Reflecting

on

## Balance

My score:

72

The first thing that comes up when I see my score is:

What surprises me most is:

One thing I choose to reflect and work on is:

The thing I most want to celebrate is:

One thing I commit to from today is:

Some steps I could take to achieve that:

Who or what could support my growth in this area?

# Responsibility

*How responsible are you?*

## Responsibility

Take full responsibility, but not too much.  
Honour your promises but stay in touch,  
With what bias and assumptions may be,  
Where they live and what wakes their repatee.

Take responsibility for your lot,  
Own your part whether you succeed or not.  
Know what hooks you into playing a game,  
And when judgement arrives and starts to blame.

Take responsibility, know what's right,  
But search for other views and new insight.  
See the truth you've believed in all along,  
Stay curious for ways you could be wrong.

Take responsibility, but never fix  
Help them find answers in their unique mix.  
Sometimes we need walls of self-protection,  
But real safety grows from self-direction.

Take responsibility, use your voice -  
In the impossible there's always choice.  
Choose your attitude, stance and point of view,  
In the mirror reflection, start with you!

# Responsibility *means*

I offer a poem defining each segment theme (Balance, Responsibility, Authority, Values and Emotions) from MY point of view at the beginning of each segment. Begin by defining what this word evokes and means for YOU.

# Responsibility

1 I give myself permission to explore the unknown.      1 2 3 4 5 6  
☐ ☐ ☐ ☐ ☐ ☐

2 I feel comfortable making a clear choice.      1 2 3 4 5 6  
☐ ☐ ☐ ☐ ☐ ☐

3 I commit to my intentions and goals.      1 2 3 4 5 6  
☐ ☐ ☐ ☐ ☐ ☐

4 I recognise when I need to let go.      1 2 3 4 5 6  
☐ ☐ ☐ ☐ ☐ ☐

5 I am committed to continued personal and professional development.      1 2 3 4 5 6  
☐ ☐ ☐ ☐ ☐ ☐

6 I care and take active responsibility for myself, others and my environment.      1 2 3 4 5 6  
☐ ☐ ☐ ☐ ☐ ☐

# Responsibility

- |    |  |                       |                       |                       |                       |                       |                       |
|----|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 7  | I easily acknowledge a job well done by myself and others.                       | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |
|    |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|    |  |                       |                       |                       |                       |                       |                       |
| 8  | I invite myself to challenge my learning edges.                                  | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |
|    |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|    |  |                       |                       |                       |                       |                       |                       |
| 9  | I easily offer gratitude to myself and others.                                   | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |
|    |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|    |  |                       |                       |                       |                       |                       |                       |
| 10 | I actively learn from my 'mistakes'.   | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |
|    |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|    |  |                       |                       |                       |                       |                       |                       |
| 11 | I recognise my old patterns of behaviours and beliefs.                           | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |
|    |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|    |  |                       |                       |                       |                       |                       |                       |
| 12 | I pivot from a triggered state back to my centre with increasing speed and ease. | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     |
|    |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

# Reflecting *on* Responsibility

My score:   
72

The first thing that comes up when I see my score is:

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One thing I commit to from today is:

Some steps I could take to achieve that:

Who or what could support my growth in this area?

# Authority

*How well can you lean into your own gifts, strengths, experiences and lessons etc?*

## Authority

When confidence hides under the duvet,  
In those moments that feel like there's no way,  
You can find the strength or have what it takes,  
You're just not enough for all that's at stake.

Take a moment to pause and visualise,  
Past experiences and realise,  
What you search for is already in you,  
Transferable skills to combine with the new.

What have you learned from each past high and low?  
Did you forget what you already know?  
When you doubt your worth or feel unable,  
To sit with confidence at the table.

Remember your history of lessons learned,  
And each school of life's accolade well earned,  
Gifts of each mentor and teacher till now,  
Each challenge won that made you somehow,

Stronger, more patient, resilient and wise,  
Lessons without certificate or prize.  
Lean on your back catalogue of knowing,  
Authority's a gift that just keeps growing!

# *For me* **Authority** *means*

I offer a poem defining each segment theme (Balance, Responsibility, Authority, Values and Emotions) from MY point of view at the beginning of each segment. Begin by defining what this word evokes and means for YOU.



# Authority

- 1 I recognise and acknowledge everything that brought me to where I am today.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

- 2 I recognise and celebrate my achievements.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

- 3 I confidently utilise learning from experiences, even the uncomfortable ones.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

- 4 I know and acknowledge that I am already enough.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

- 5 I recognise the influence of the seasons on my learning and development.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

- 6 I know that everything I need is available to me through my own exploration.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

# Authority

7 I deserve a place at the table through my experience, knowledge and skills.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

8 I trust myself.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

9 I trust the process.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

10 I know and lean into my purpose.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

11 I know what I want.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

12 I recognise and acknowledge what support I need and ask for it.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

# Reflecting

on

# Authority

My score:

72

The first thing that comes up when I see my score is:

What surprises me most is:

One thing I choose to reflect and work on is:

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One thing I commit to from today is:

Some steps I could take to achieve that:

Who or what could support my growth in this area?

# Values

*How well do you know, honour & live your values?*

## Values

If our core values are so exclusive,  
What is it that makes them so elusive?  
Ask most people what their core values mean,  
And watch for cultures and loyalty unseen.

Should-bes and must-nots from parental knee;  
Values ingredients we might not see,  
We've mixed in, grown or held back since our youth,  
Hurt in collisions with forgotten truth.

Connect with each value and what they say.  
Do they restrict or invite you to play?  
Do they silence your heart or sing its song?  
Are you curious or judging who's wrong?

Make time for reflection and find the core,  
Of who you are and what your life is for.  
What's authenticity yours and what's hidden?  
Polish your compass and set your vision.

Let values be your energy and strive,  
To keep each core jewel in sight and alive.  
Learn to sense as core values awaken,  
Celebrate each authentic step taken!



# *For me* **Values** *Means*

I offer a poem defining each segment theme (Balance, Responsibility, Authority, Values and Emotions) from MY point of view at the beginning of each segment. Begin by defining what this word evokes and means for YOU.



# Values

1 I know what values are most important to me.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

2 I honour and live my values (for myself, others, and in my environment).

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

3 I am mindful and respectful of what is important to others.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

4 I understand and appreciate what my anti-values and Party-Poopers (inner critics) are.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

5 I prioritise the things that are most important to me.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

6 I know and love who I am –warts and all.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

# Values

7 I have a strong sense of who I am becoming and this is in line with my values.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

8 I recognise the difference between my personal values and my societal and cultural values.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

9 I have a strong, somatic and intuitive sense of what I do and do not want.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

10 My thoughts, attitude, beliefs and actions are in line with my value system.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

11 I can comfortably say no to things that do not honour my values.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

12 I follow through and deliver on my promises.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

# Reflecting *on* Values

My score:

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The first thing that comes up when I see my score is:

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One thing I choose to reflect and work on is:

The thing I most want to celebrate is:

One thing I commit to from today is:

Some steps I could take to achieve that:

Who or what could support my growth in this area?



# Emotions

*How open are you to learning from all your emotions?*

## Emotions

How comfortable are you with feelings?

Do they fascinate or leave you reeling?

When emotions arrive what do you do?

How do you cope when they grow inside you?

Can you see feelings right through to their end,  
And hear with your heart the wisdom they send?

Accept what emerges and refashion,  
Old stories with curious compassion?

Does the presence of emotions throw you?  
Can you hold them with love as they flow through  
Yourself or others with true empathy,  
And listen for what their message might be?

Do you catch old narratives of defense,  
Predicting the future by making sense?  
A past-informed take on reality,  
Misinterpreted neurochemistry?

It's unhelpful to swallow and resist,  
Sensations will grow and feelings persist.  
Embrace this energy and its teachings,  
And train your brain to welcome all feelings!







































# *For me* **Emotions** *means*

I offer a poem defining each segment theme (Balance, Responsibility, Authority, Values and Emotions) from MY point of view at the beginning of each segment. Begin by defining what this word evokes and means for YOU.



# Emotions

- |   |   |   |
|---|---|---|
| 1 | I welcome all my emotions with curiosity.   | <div>1<br/></div> <div>2<br/></div> <div>3<br/></div> <div>4<br/></div> <div>5<br/></div> <div>6<br/></div>             |
| 2 | I acknowledge that I see the world through different 'emotion' lenses.                  | <div>1<br/></div> <div>2<br/></div> <div>3<br/></div> <div>4<br/></div> <div>5<br/></div> <div>6<br/></div>             |
| 3 | I am aware of and tuned into my emotional state.  | <div>1<br/></div> <div>2<br/></div> <div>3<br/></div> <div>4<br/></div> <div>5<br/></div> <div>6<br/></div>             |
| 4 | I actively seek to learn from my emotions.  | <div>1<br/></div> <div>2<br/></div> <div>3<br/></div> <div>4<br/></div> <div>5<br/></div> <div>6<br/></div>             |
| 5 | I sense where the 5 core emotions (Anger, fear, sadness, joy & creativity) live' in me. | <div>1<br/></div> <div>2<br/></div> <div>3<br/></div> <div>4<br/></div> <div>5<br/></div> <div>6<br/></div> |
| 6 | I give my feelings space and allow them to run their course.                            | <div>1<br/></div> <div>2<br/></div> <div>3<br/></div> <div>4<br/></div> <div>5<br/></div> <div>6<br/></div> |

# Emotions

7 I know my emotional triggers.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

8 I know my trigger narratives.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

9 I can stay curious about what might be happening for me when I'm triggered.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

10 I know how to soothe my 'party poopers' or inner-critics.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

11 I empathise and stay curious in the presence of strong emotions in others.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

12 I listen to what messages my emotions are offering with compassionate curiosity.

1 2 3 4 5 6

☐ ☐ ☐ ☐ ☐ ☐

# Reflecting *on*

## Emotions

My score:

72

The first thing that comes up when I see my score is:

What surprises me most is:

One thing I choose to reflect and work on is:

The thing I most want to celebrate is:

One thing I commit to from today is:

Some steps I could take to achieve that:

Who or what could support my growth in this area?

# From BRAVE to BRAVER

In this section you will:

- Decide on your resolve and what you would like to 'do'.
- Reflect on what, who and how you will offer love, care and support to yourself in these actions.

Your hands are all about 'doing' and this final part of the work is all about RESOLVE and what you commit to doing from now on. Your hands are also key in demonstrating love, care and support in whatever you choose to do.

Enter into this end reflection when you can allow enough time and space to yourself to get the most out of it. There is no space for rushing or judgment here...

At the end of this assessment, let your scores and any judgments go and focus your attention on the palm of your non-dominant hand.

Try this hand-focused exercise:

Look at the palm of your hand.

Now look again.

Your hand is literally in front of you your entire life, but how well do you know the palm of your own hand?

Take a moment to centre yourself:

- Notice your breath.
- Look at your fingers or palms and take time to notice all the lines, textures, colours and patterns in exquisite detail.

# From BRAVE to BRAVER

- Touch your fingers and palm together and notice the details through the sense of touch.
- Hold your palms close to your face and feel the sensation of breath on your skin.

Once your breath is calm and you feel present, look at your hand again and how your fingers are split into sections (see the diagram below).

- Touch the centre of your non-dominant palm with the finger/s of your dominant hand.
- Label each finger as one of the assessment focus areas (Balance, Responsibility, Authority, Values, Emotions). See the diagram below.
- Think about what a 'perfect' 6 in this area of your life would look like, feel like, be like for you.
- Now, without overthinking it, give yourself a place on the scale from 1-6 where you find yourself right now for each B.R.A.V.E. finger.
- Touch that section of your finger and appreciate all that is already in place.
- Now think about what steps you might take to move one finger section towards the 6 at your palm. This might include the ideas in the reflection work you did at the end of each section, or perhaps something new emerges. Stay curious to what emerges for you.
- If it feels right, go ahead and put a plan into place to support you. Write quickly, again without overthinking it.

# From BRAVE to BRAVER

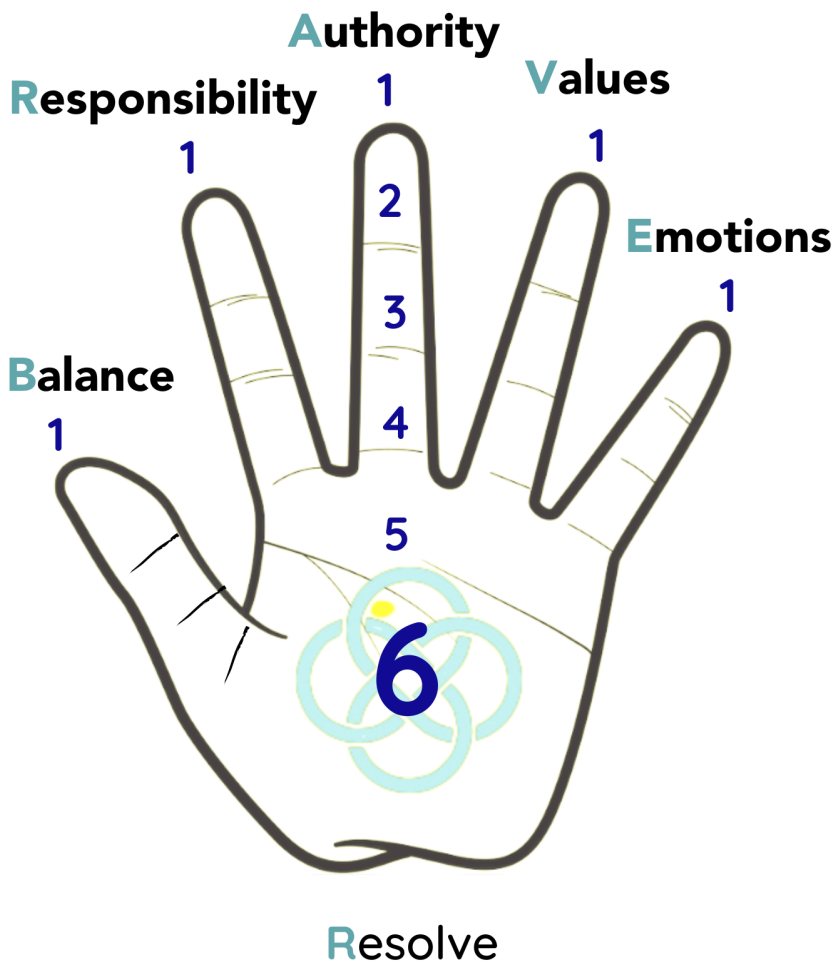
- If it feels perhaps too far, think about the smaller steps in that finger section and perhaps consider what moving  $\frac{1}{4}$  or  $\frac{1}{2}$  a step toward your palm might look like.
- Keep it simple. Keep it achievable. Keep accountable. Keep yourself supported.
- Take one finger at a time (trying to develop confidence in all areas (or fingers) at once can be overwhelming).
- BE BRAVE, but FIRST, BE KIND to yourself.
- Think about how your hand might help you to remember and commit to your intention and chosen actions.
- Think about how to treat your hands and show them gratitude for supporting you.
- Might a manicure, a hand massage or something else help you come back to your Resolve?
- How can your hands help to keep you accountable?

Let your hand be your anchor and a reminder of the intentions and Resolve you want to offer to your own Brave Voice and the development of your confidence.



# Confidence

*is in Your Own Hands*



- Note what achieving 6/6 for a finger would be like for you.
- Notice the number you feel yourself to be at now.
- List and celebrate what already exists and is working well.
- Consider what 1 (or a partial) step forward to this goal might be.
- Consider what could support you in this resolution.

How BRAVE are You?  
How to Nurture, Grow & Boost Confidence:  
Self-Assessment & Workbook

I believe that creative reflection work makes you braver!  
BRAVE in this instance stands for the following key confidence markers:

B - Balance  
R - Responsibility  
A - Authority  
V - Values  
E - Emotions

This short, yet powerful Self-Assessment reflection tool helps you to identify your own current level of confidence in each of these areas above and determine areas to celebrate and polish further and areas to tweak, nurture and develop.

How to Nurture, Grow & Boost Confidence is a short yet powerful self-assessment and workbook that curiously and compassionately leads you through an analysis of your current confidence situation and the strength of your Brave, authentic voice. Once you have clarity on where you stand today, a workbook highlights and breaks down areas to work on. Your journey to greater confidence and a more authentic voice is supported by a simple yet effective tool that is always to hand!

Whatever your professional or private situation, you can only ever benefit from deepening your authentic confidence, growing your self-awareness and strengthening your own Brave Voice.

