

# 30 CHARISMATIC QUESTIONS

Journaling Prompts and Reflective Questions for You to

Assess Your Current  
Level of Confidence

Uncover Deep-Rooted  
Blocks to Your Confidence

Discover Ways to  
Elevate Your Confidence

And Much More

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# CHARISMA RESOURCES

## To Ignite Your Charismatic Glow

Welcome to this Confidence Prompts guide, designed to help you explore your confidence in-depth and strengthen it from the inside out.

Confidence is a belief in one's abilities and judgment, allowing an individual to face challenges, take risks and approach opportunities with assurance. It stems from a combination of self-awareness, self-esteem, and competence, enabling a person to act decisively and feel secure in their actions and decisions. Confidence is also an important element of charisma.

The nature of this guide reflects the aim of Charisma Resources to help you work on the elements of charisma from the inside and out. We hold the belief that everybody already has a seed of charisma within. We simply need to remove any barriers that keep the light from shining and provide nourishment so it can grow and thrive.

I am Milena Dalinaros, founder of Charisma Resources. As your Charisma Guide, I am here to empower Love Seekers, Underdogs and the Leaders of Tomorrow with a fair chance to be victorious in love, life, and power.

My purpose is to make charisma available for every individual who wants to improve their own life and the life of others by stepping into their Highest Self.

Let us infuse our world with genuine connection, expression of our authentic selves, and conscious leadership.

Now it is time to dive into the prompts guide and turn confidence into one of your charismatic superpowers.

# HOW TO USE THIS GUIDE

## To Conquer Confidence

This Journaling Prompts guide is designed to help you unlock your charisma by elevating your confidence.

These carefully curated journaling prompts will assist you in assessing your current level of confidence, uncovering any blocks that may be holding you back, and identifying actionable steps to elevate your confidence to new heights. Through introspection and reflection, these prompts will provide clarity for you to embrace your most confident self.

### **How to Use the Prompts:**

**Create a Quiet Space:** Find a quiet and comfortable place where you can reflect without distractions.

**Be Honest and Open:** Approach each prompt with honesty, openness, and without judging. This is a personal journey, and your answers are for your eyes only.

**Let it Take Time:** There are many prompts in this guide so select a few prompts at a time depending on what you want to focus on.

**Reflect and Revisit:** Take time to reflect on your responses and revisit the prompts regularly. Confidence is a journey, and consistent reflection will help you track your progress.

Last but not least. Remember to celebrate your decision to elevate your confidence and charisma, empowering yourself to create the life of your dreams.

To Your Success with Love  
Milena  
Your Charisma Guide

# 5 CHARISMATIC QUESTIONS

## For Assessing Your Current Level of Confidence

How do I define confidence, and what does it look and feel like for me personally?

On a scale of 1 to 10, how would I rate my current level of confidence in various areas of my life, such as my career, relationships, and personal development?

What internal and external factors influence my confidence levels on a day-to-day basis?

In what situations or contexts do I feel the most confident and self-assured, and what factors contribute to these feelings of empowerment?

How do I typically respond to compliments, praise, or recognition, and what does this reveal about my relationship with confidence, self-esteem, and charisma?

# 5 CHARISMATIC QUESTIONS

## For Analyzing the Influence of Your External Environment

Are there any specific situations or places that consistently make me feel less confident? Why?

Are there any specific people who consistently make me feel small and less confident? Why?

How does comparison to others impact my sense of confidence and self-esteem, and how can I shift my mindset to focus on my own journey and growth?

What role do external validation and approval play in my sense of confidence, and how can I cultivate self-validation and self-acceptance instead?

What activities or hobbies make me feel most confident and alive? How can I incorporate them more into my life?

# 5 CHARISMATIC QUESTIONS

## For Uncovering Deep-Rooted Blocks to Your Confidence

How do past experiences of failure, rejection, or criticism still influence my perception of myself and my abilities?

In what areas of my life do I feel the most self-doubt and uncertainty, and what patterns or triggers contribute to these feelings?

What are the negative beliefs I hold about myself that undermine my confidence?

What fears or anxieties do I have that prevent me from feeling confident?

What internal dialogue or self-talk patterns do I engage in that reinforce feelings of inadequacy or impostor syndrome?

# 5 CHARISMATIC QUESTIONS

## For Discovering Ways to Elevate Your Confidence

What specific areas of my life would I like to feel more confident in, and what purpose do I have for building greater confidence in these areas?

What past experiences or achievements have contributed to moments of confidence and self-assurance in my life, and how can I draw upon these experiences to cultivate confidence in the present?

How do I typically respond to challenges, setbacks, or failures, and what strategies can I implement to bounce back resiliently and maintain confidence in the face of adversity?

How can I cultivate a supportive network of friends, family, or colleagues who uplift and encourage me to believe in myself and my abilities?

What positive affirmations or mantras can I use to reinforce my confidence daily?

# 5 CHARISMATIC QUESTIONS

## For Reflecting on Progress And Setting Goals

When I reflect on a time when I significantly improved my confidence. What steps did I take?

What are my confidence goals for the next month, six months, and year?

How will I measure my progress in building confidence over time?

Which areas will I focus on and how will I make sure that success in one area flows over into other areas of my life?

What steps can I take to celebrate my successes, no matter how small, and acknowledge my progress towards building greater confidence and self-assurance?



# 5 CHARISMATIC QUESTIONS

## For Visualizing and Learning from Your Most Confident Self

Who is my ideal future self and what can I learn from this person? How would I describe in detail what my most confident self looks like, acts like, and feels like.

What changes in my life would occur if I were operating at my highest level of confidence?

How would my relationships improve if I had more confidence?

What professional opportunities would I pursue if I were more confident?

Imagining myself one year from now with fully elevated confidence; what advice would my future self give to my current self?

# BONUS

## 10 Powerful Affirmations For Charismatic Confidence

I am enough, just as I am, and I celebrate my strengths and accomplishments with grace.

I stand tall and proud, radiating confidence in every aspect of my life.

I trust myself to handle any situation that comes my way with poise and confidence.

I trust in my abilities and believe in my capacity to succeed in all that I do.

I embrace uncertainty with courage and conviction, knowing that I am resilient and adaptable.

I am fearless in the pursuit of my goals and dreams.

I am worthy of success and I deserve all opportunities coming my way.

I embrace my unique strengths and talents, knowing that they set me apart and propel me toward greatness.

I am confident in my uniqueness and embrace my individuality, inspiring others to do the same.

I am the architect of my destiny, confidently creating the life of my dreams.

# CONGRATULATIONS

## You Are Embracing Your Power

Take a moment to extend a feeling of appreciation towards yourself. You have not only made the decision to elevate your charisma and confidence - you have also taken concrete steps in setting profound inner processes in motion to ensure your success.

By exploring your thoughts and uncovering potential blocks, you are already on the path to elevating your confidence and embracing your true charisma.

### **Next steps:**

**Reflect Regularly:** Make journaling a regular practice to continue deepening your self-understanding.

**Set Goals:** Identify specific, actionable steps to build on your newfound insights and enhance your confidence.

**Seek Support:** Find a community of likeminded individuals who will cheer you on and offer ongoing guidance, feedback and encouragement along your journey. Feel free to explore the support offered through my Charisma Coaching programs or our community within the Charisma Membership.

Learn more about the membership and coaching offered by Charisma Resources here:

[Charisma Membership](#)

[Charisma Coaching](#)

I am happy that you are part of this transformative journey. I look forward to seeing you succeed in your endeavors and shine with your full force confidence and charisma.

It is your birthright to feel charismatic.

Milena

Your Charisma Guide