



Rebuilding Confidence

The Start of your journey here.



MYWIDOWSTOOLBOX.COM

Welcome

My name is Tara



I'm a mother of two neurodiverse children who found herself widowed during the challenging times of the 2020 Covid-19 pandemic. When our lives seemed to spiral out of control, I turned to coaching tools, which became our lifeline. These tools helped our family find perspective, self-trust and confidence, to navigate through the storm.

I left my life as a Bank Manager, trained as a professional certified coach, and now get to help families, like yours, rebuild confidence each day.

REBUILDING CONFIDENCE

in widowhood

Welcome to the "Rebuilding Confidence" workbook, designed for widows, especially those with school-aged children.

**WHETHER YOU
THINK YOU CAN
OR YOU THINK
YOU CAN'T,
YOU'RE RIGHT.**

– HENRY FORD.

Losing a spouse can be one of life's most challenging experiences, and navigating the complexities of grief while also fulfilling the responsibilities of parenthood can feel overwhelming.

Remember, you are not alone on this journey. Together, we will navigate the path toward healing and growth, one step at a time..

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ABRAHAM LINCOLN



The best way
to predict
your future is
to create it.

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Wheel Of Confidence

for Widowhood

In this workbook, we will explore the Wheel of Life—a powerful Tony Robbins tool for assessing and balancing different areas of your life.

I have modified it to really suit our Widowhood perspective, of balancing our inner journey as well as the traditional outer areas of life.

By using this Wheel of Confidence, you will gain insights into where you currently stand in key areas such as health, relationships, career, and personal growth.

This self-assessment may be an eye opener but will also serve as a foundation for setting meaningful goals and creating actionable steps, to increase your confidence and overall well-being.

Wheel Of Confidence

for Widowhood

AFTER PERSONALISING THE HEADINGS, USE THESE QUESTIONS TO HELP YOU SET UP A HABIT OF CHECKING IN TO THOSE AREAS IN YOUR LIFE. IT HELPS US SEE SO MUCH IS GOING OK.

QUESTION 1: WILL THIS BE A MORNING OR NIGHT THING?

Be curious about why you chose that time/mood.

QUESTION 2: DO YOU FEEL LIKE CHANGING ANY HEADINGS?

It's your wheel.. you can split a section or rename it.

QUESTIONS 3: WHAT'S THE BENCHMARK FOR BEING AWESOME 6/6?

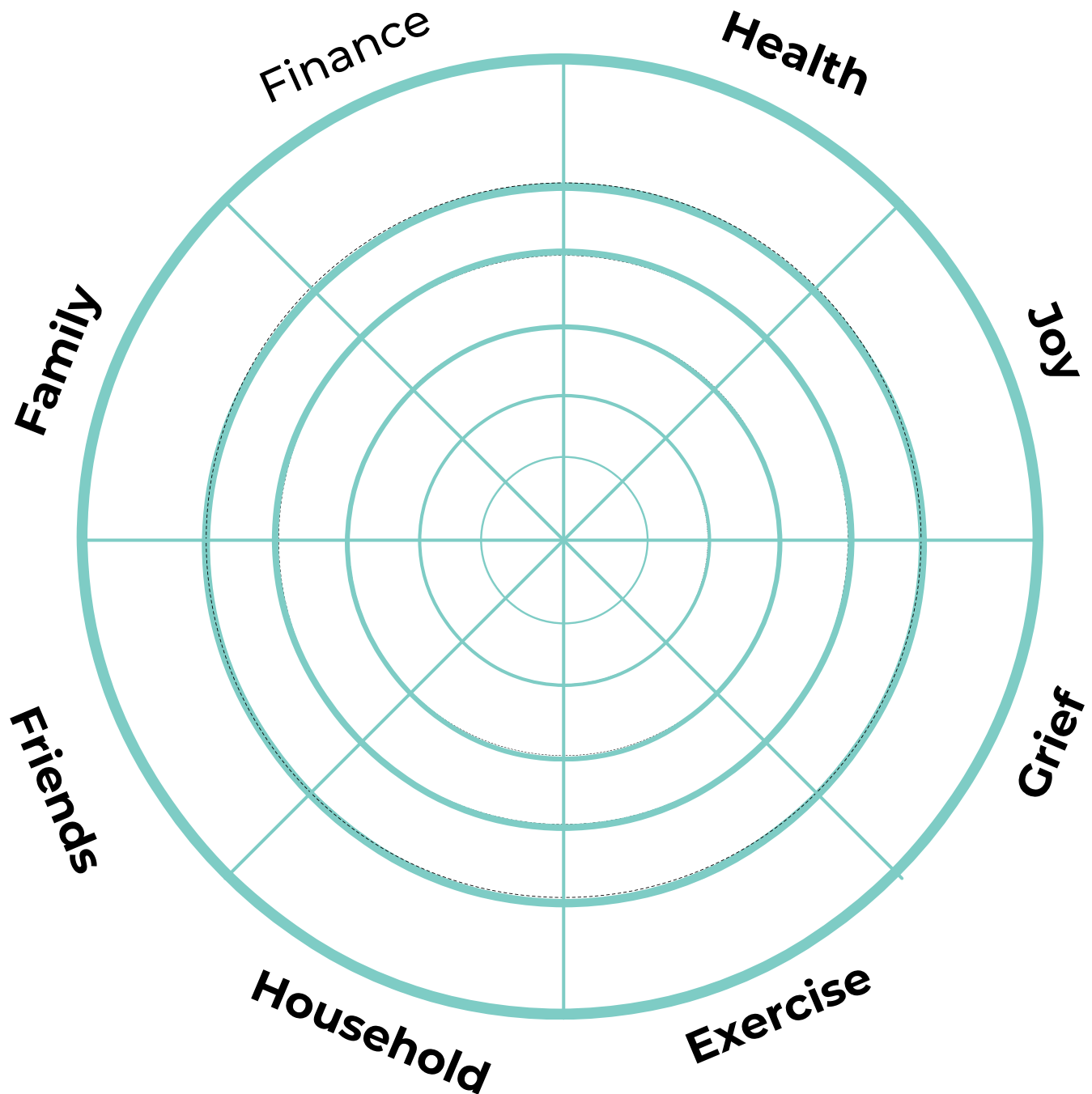
QUESTIONS 4: WHAT'S THE EXPERIENCE TO RATE 0?

QUESTION 5: DO YOU START WITH THE SAME SECTION EACH TIME? WHY?

Wheel Of Confidence

Colour from the middle
to where you feel things
are today

for Widowhood

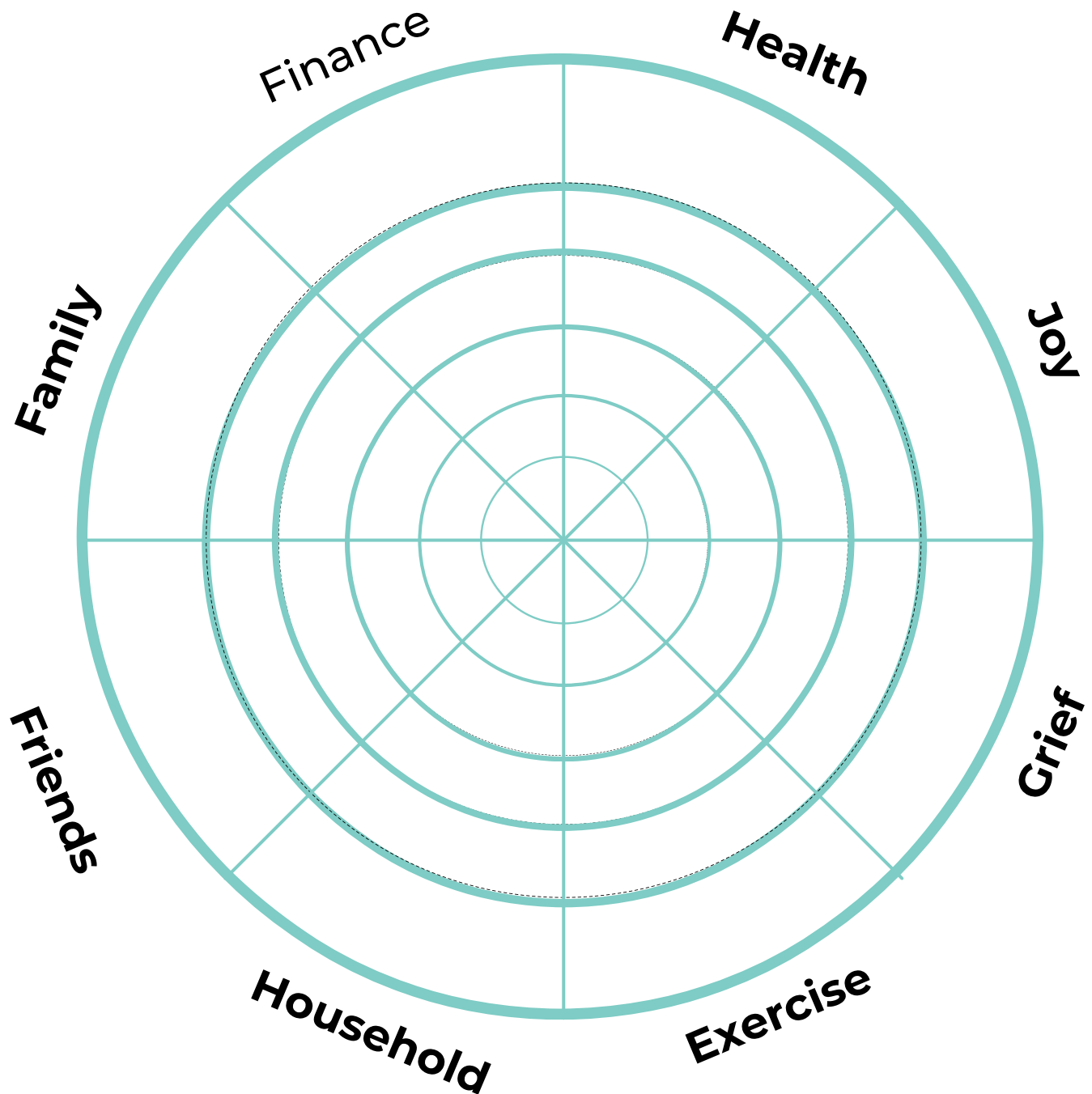


Week starts

Wheel Of Confidence

Colour from the middle
to where you feel things
are today

for Widowhood



Week starts



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Mark off each day that you update your wheel
10 days can bring change.

WHEEL OF CONFIDENCE

for Widowhood

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND
WHAT YOU NOTICE MOST ABOUT BALANCING YOUR THOUGHTS,
FEELINGS AND FACTS.

FAMILY - IMMEDIATE

EXTENDED FAMILY

HOUSEHOLD

FINANCE

WHEEL OF CONFIDENCE

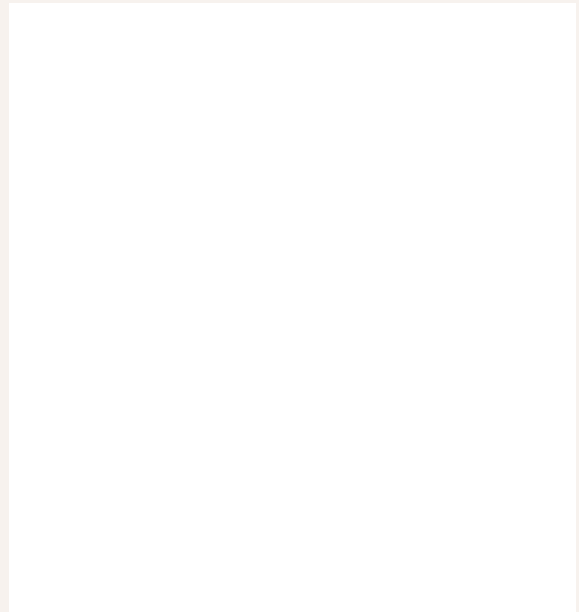
For Widowhood

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND
WHAT YOU NOTICE MOST ABOUT BALANCING YOUR THOUGHTS,
FEELINGS AND FACTS.

HEALTH



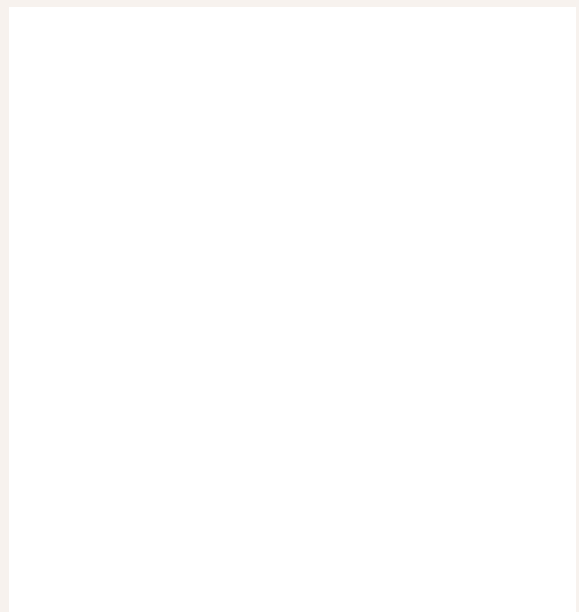
EXERCISE



GRIEF



FUN & JOY



WHEEL OF CONFIDENCE

the plan

AFTER THE FIRST WEEK OR
AT THE END OF 10 DAYS,
WRITE A PLAN AND ACTIONS
YOU WANT TO TAKE, IN
ORDER TO IMPROVE IN THAT
SPECIFIC AREA.

ACTIONS TO TAKE:

☐

☐

☐

☐

In Conclusion

As you reflect on the insights gained from completing the Wheel of Confidence, you may start to notice subtle shifts in your self.

By identifying areas where you feel more fulfilled and areas where you may want to focus more attention, you are taking important steps toward building a life that aligns with your values and priorities.

Remember that change is a gradual process.
Celebrate the small victories along the way and be gentle with yourself during setbacks.

As you move forward, keep revisiting this wheel periodically to track your progress and make adjustments as needed.
I do it each month.

Your confidence is like a muscle that grows stronger with practice and perseverance.



If you are ready to dive deeper and be fully supported to make change, this content taps into module 5, of my widow's recover program "Widowhood Your Way". Book a chat and I can tell you more.



Thank You

LET US STAY IN TOUCH

I trust this has brought awareness to the more foundational aspects of how you find your confidence and more aspects you can control.

My sincerest condolences to you and your family, for this loss.

I look forward to supporting you in the future.



TARA WERDER

"I help widows rediscover confidence."

