

#35 — THE CONFIDENCE REBUILD SHEET

Five questions to help you reconnect with your strength, your growth, and your ability to trust yourself again.

Confidence doesn't disappear —
it erodes quietly when you stop recognizing your own worth.
This guide helps you rebuild confidence from the inside out,
by seeing where it comes from.

1. What have I done recently that shows growth, even if it felt small?

Growth rarely feels dramatic.
It feels consistent.
Count every step you've taken.

Your thoughts: _____

2. Where have I kept my word to myself — even once — that I never acknowledged?

Follow-through builds inner trust.
A single kept promise matters.

Your thoughts: _____

3. What challenges have I survived, solved, or navigated that prove I'm stronger than I think?

Confidence expands when you recognize what you have accomplished,
not the fears you imagined.

Your thoughts: _____

4. What would the version of me who believes in me say about who I am today?

Confidence is not who you become —
it's who you realize you are.

Your thoughts: _____

5. What is one action I can take today that my confident self would be proud of?

Confidence grows by honoring yourself —
do what brings you self-respect.

Your thoughts: _____

FINAL REMINDER:

Confidence returns the moment you stop arguing with your fear.
You don't need to feel ready —
you just need to know how it will make you feel about yourself.