

YOUR DAILY MINDSET BOOST

POSITIVE SELF-TALK & CONFIDENCE TOOLKIT



Hello! I'm Judy, founder of Mindful Coaching. Whether you found us through the Supermums blog post on "The Mindset Shift" or our podcast chat about using positive self-talk to boost your confidence, welcome!

As a mental health professional (and busy mum!), I know that inner voice well – the one that sometimes whispers 'I can't do it,' doubts your readiness, or focuses on flaws instead of strengths. It's a common challenge, especially in competitive industries like tech, but the good news is you have the power to shift that internal conversation.

This short guide offers simple, actionable practices you can use daily to quieten that inner critic, cultivate kinder self-talk, and build genuine confidence from within.

PRACTICE 1 – GROUND YOURSELF IN THE MOMENT

THE 5-4-3-2-1- TECHNIQUE

When stress rises or that inner critic gets loud, grounding yourself in the present using your physical senses can instantly create calm and interrupt the spiral.

WHY IT WORKS:

Engaging your senses pulls your focus away from overwhelming thoughts or negative self-talk and anchors you firmly in the 'here and now'.

HOW TO DO IT:

Pause & Breathe: Sit comfortably where you are. Take one slow breath in and out to start.

Notice Your Senses: Silently name (or just notice) the following:

5 things you can **SEE** right now. (Look around: your screen, a plant, a pen, the pattern on the wall, people walking by, a picture...)

4 things you can physically **TOUCH** or feel. (Your chair against your back, texture of your desk, feet on the floor, clothing, your watch or jewellery...)

3 things you can **HEAR**. (Keyboard clicks, traffic, your breathing, hum from your laptop...)

2 things you can **SMELL**. (Maybe coffee, hand lotion, the air itself, food nearby...)

1 thing you can **TASTE**. (Take a sip of water, notice the taste in your mouth, a sweet or mint...)

PRACTICE 2 – FUEL YOUR CONFIDENCE

STRENGTH REMINDERS

Actively recalling your strengths and capabilities is a direct antidote to self-doubt and builds genuine confidence based on your actual experience.

WHY IT WORKS:

Shifts your focus to your competence, reinforcing positive self-perception and reminding you of what you can do.

HOW TO DO IT:

Recall: What's one strength you've used effectively at work recently? (e.g., problem-solving, resilience, learning quickly, connecting with people)

My strength: _____

Affirm: Create a simple, believable "I am..." or "I can..." statement based on that strength.

My affirmation: _____

Internalise:

Repeat it silently or aloud a few times, really connecting with the feeling of that strength.

PRACTICE 3 – FOCUS ON THE GOOD

DAILY GRATITUDE NOTE

Training your brain to notice the positives, however small, makes it harder for negative self-talk to take over and naturally lifts your mood.

WHY IT WORKS:

Gratitude shifts your mental focus, counteracts the brain's negativity bias, and fosters a more positive overall outlook.

HOW TO DO IT:

Recall: Think of one specific thing related to your work, skills, or career development that you feel genuinely grateful for today.

Today I'm grateful for: _____

Appreciate: Take just a moment to acknowledge and appreciate that specific thing.

BUILDING YOUR POSITIVE SELF-TALK HABIT

These tools are simple, but they are mighty! They are small ways to practice putting you back in the driver's seat of your mind throughout the day. Remember, consistency is more important than perfection. Even just one minute of mindful breathing or one strength-based affirmation is a positive step.

At Mindful Coaching, we believe that true transformation begins with awareness and is built through practical, sustainable steps. I hope these tools offer you a moment of support. Taking the next step on your mindset journey often involves a conversation – that's why I offer a [free, no-obligation 30-minute chat](#) to discuss your unique situation, explore your goals, and see how personalised coaching might help you unlock your potential with confidence and clarity. If you're curious, please feel free to reach out and [book a time](#) that suits you.

Judy x

WHO CAN BENEFIT FROM COACHING?

BUSY PROFESSIONALS

Individuals in high-pressure careers who struggle to balance multiple priorities and need the resilience to remain calm and focused under stress.

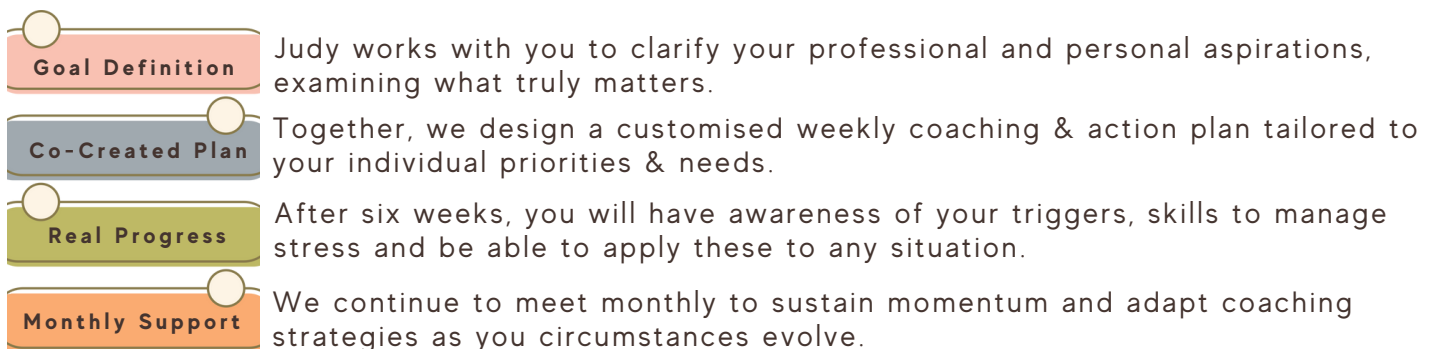
AMBITIOUS ACHIEVERS

Those who want a structured approach to personal development, aiming to unlock their potential and excel in their careers without sacrificing mental wellbeing.

SELF IMPROVERS

People committed to ongoing personal growth who seek external guidance and accountability to set and achieve meaningful life goals.

6-WEEK 1-1 COACHING PROGRAM



6-Week Program

6 x 1hr 1-1 sessions
£330

1-1 Coaching Session

1 hour
£60



"Judy is amazing at what she does. She is incredibly professional and has a very kind nature which helped me open up. After only a couple of weeks she helped me put strategies in place to reduce my anxiety massively. I'm so glad I found her."

GET IN TOUCH:

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"Sending that all important message to enquire about coaching has honestly changed my day-to-day life. If you're in any way doubtful of how coaching can help, definitely get in touch with Judy, you will not regret it."