



CONFIDENCE LOCK-IN TOOLKIT

KEEP YOUR FIRE LIT, EVEN WHEN FEAR TRIES TO BLOW IT OUT.

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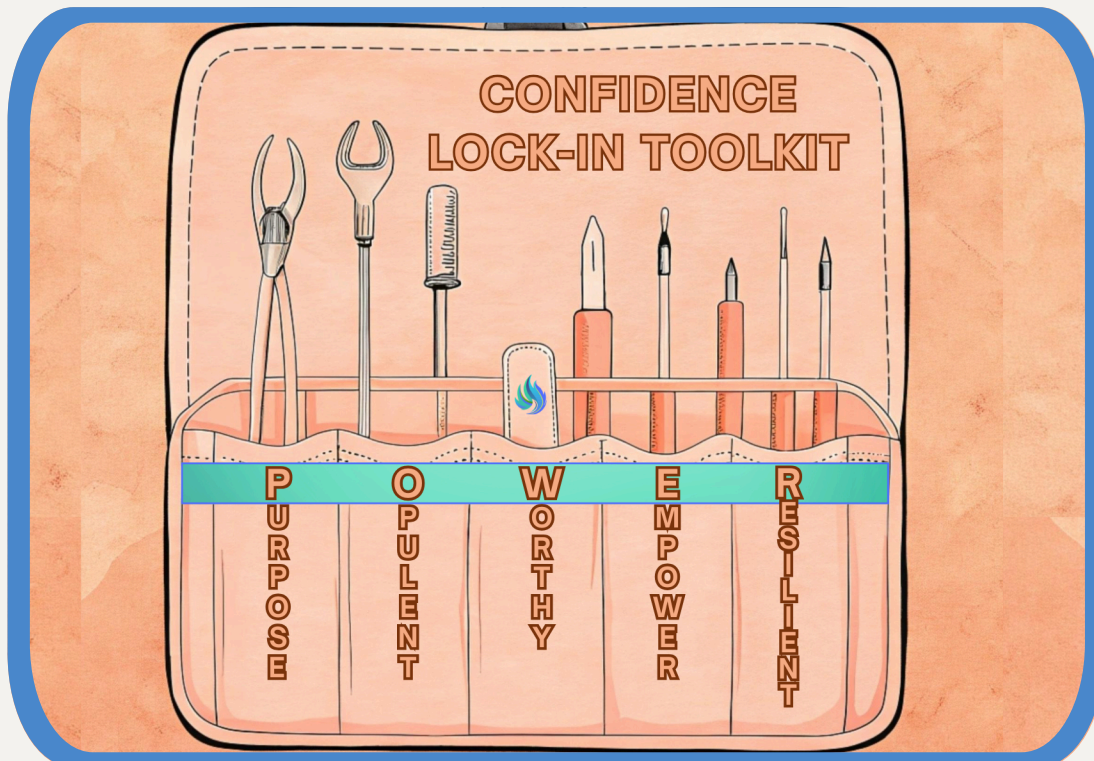
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Courage is the
most important of
all the virtues,
because without
courage, you
can't practice any
other virtue
consistently.

~Maya Angelou~

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Introduction

Confidence doesn't show up, you summon it. Every single day, you choose whether to shrink or to stand. This toolkit isn't fluff. It's your daily reminder that courage lives in your actions, not your feelings. Whether you're still shaking or already striding, you've made it clear, you're not going back to who you used to be.

This Confidence Lock-In Toolkit is here to anchor your courage and amplify your fire. It's not about perfection. It's about choosing bold over safe, truth over silence, and momentum over hesitation — one fierce step at a time.

Let's lock it in!



MIRROR WORK METHOD: “SAY IT LIKE YOU MEAN IT”

A printable set of 10 daily affirmations to help you rewire your confidence. Say them aloud while looking at yourself in the mirror. Bonus points for saying them like you mean it.

Sample Affirmations:

- I’m not hiding today, I’m here to be seen.
- Confidence isn’t a feeling. It’s a decision I get to make.
- My voice matters. My truth matters. I matter.
- Today, I’m not shrinking, I’m expanding.
- Fear is not the boss of me, I am.



3-MINUTE COURAGE SPARKS

Quick confidence-triggering actions you can take in 3 minutes or less. These are your power moves — small, fast, and fear-shattering.

- Send a bold message you've been putting off.
- Say no to something you don't want to do without justifying it.
- Speak a positive truth about yourself out loud.
- Stand tall, breathe deep, and power pose for 2 full minutes.
- Interrupt a fearful thought by saying the opposite aloud.



7-DAY MOMENTUM TRACKER

Track your progress with this simple challenge. Do one bold thing daily, reflect, and record how you feel.

Day 1: What did I do that made me proud today?

Day 2: What did I do that made me proud today?

Day 3: What did I do that made me proud today?

Day 4: What did I do that made me proud today?

Day 5: What did I do that made me proud today?

Day 6: What did I do that made me proud today?

Day 7: What did I do that made me proud today?



PURPOSE

You're not wandering — you're walking with intention.



OPULENT

You hold immeasurable worth. Your life deserves abundance, inside and out.



WORTHY

You are enough. No proving. No shrinking. No permission needed.



EMPOWER

Confidence is your choice, not your circumstance. You own your moves.



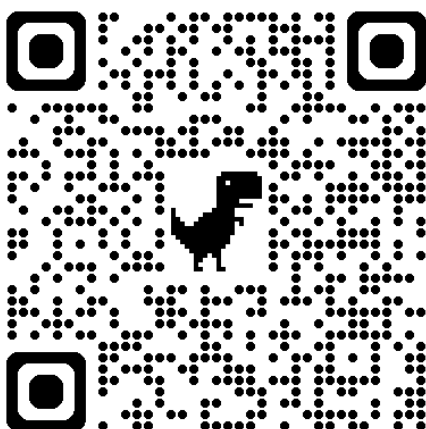
RESILIENT

Fear may knock, but you no longer answer. You rise every time.



WANT TO GO DEEPER?

Get the full 6-week escape plan that's helped readers break fear cycles, build bold habits, and reclaim their voice at www.litspired.com/fear





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