

SELF-DOUBT TO SELF-MASTERY

BONUS MATERIALS

Courage

When was the last time
I did something
brave, even if didn't
feel perfect?

*I am proud of every step
I take, even the quiet ones.*

Mindset Shift

What thought have
I outgrown that no
longer belongs in my
self-talk?

*I choose thoughts
that strengthen my self trust.*

Emotional Healing

What would I say to
my younger self if she
showed up at my
door today?

*My worth is not up for debate
I speak to myself with love.*

Self- Compassion

What would I say to
my younger self if
she showed up at
my door today?

*My worth is not up for
debate; I speak to my
self with love.*

Future Self

What is one decision
I can make today
that my future, most
confident self
will thank me for?

*Every step I take
is a bridge to my next chapter.*

What version of me
am I ready to leave behind?

What truth have I
been afraid to speak?
