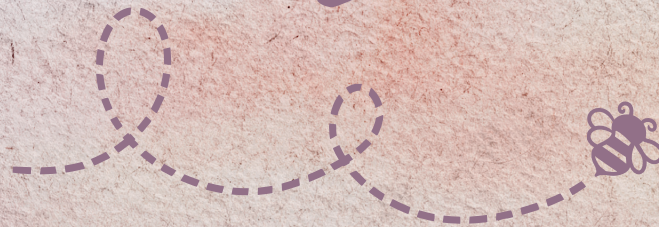




5 Steps to Rebuilding Confidence After Grief



REDISCOVER YOUR SELF-WORTH AND
EMBRACE HOPE

Welcome to Your Journey of Confidence and Healing

Grief can leave us feeling lost and uncertain, but you don't have to navigate this journey alone. This guide will help you take practical steps toward rebuilding your confidence and reclaiming your life. With each step, you'll find encouragement, tools, and inspiration to move forward with grace.

With love and faith,
Cherie Rickard RN, CG-C
Faith and Business Leader
Certified Grief Counselor



Step 1: Acknowledge Your Feelings

Embrace Your Emotions

Give yourself permission to feel. Grief can manifest in many ways—sadness, anger, confusion. Journaling or speaking to a trusted friend can help you process these emotions.

- Prompt: What emotions have you been experiencing lately? Write them out without judgment.

- Reflection Question: How do these emotions affect your daily life?

Inspiration: “The Lord is near to the brokenhearted and saves the crushed in spirit.” – Psalm 34:18

Step 2 - Reconnect with Your Identity

● Who Are You Beyond the Grief?

Grief can blur our sense of self. Take time to rediscover your passions, strengths, and values. Reflect on who you were before the loss and who you aspire to be moving forward.

- Exercise: Create a "Who I Am" list. Include traits, accomplishments, and dreams.

Inspiration: "I am fearfully and wonderfully made." – Psalm 139:14

Step 3 - Set Small, Achievable Goals

● Build Momentum, One Step at a Time

Start with small, actionable steps to regain confidence. These goals can be as simple as taking a walk, trying a new recipe, or reaching out to a friend.

- Prompt: What is one small goal you can set for yourself this week?

Inspiration: “Commit to the Lord whatever you do, and He will establish your plans.” –
Proverbs 16:3

Step 4 - Surround Yourself with Support

● Find Your Circle of Encouragement

Healing is not meant to be done in isolation. Join supportive communities, connect with friends, or seek a coach or mentor who understands your journey. Positive influences can uplift and empower you.

- Prompt: List 3 people or groups that bring positivity into your life.

Activity: Reach out to one person or group today and share your gratitude for their support.

Inspiration: “As iron sharpens iron, so one person sharpens another.” – Proverbs 27:17

Step 5 - Lean Into Faith

Trust the Process and God's Plan

Faith is a source of strength in difficult times.

Spend time in prayer, meditation, or reading scripture to remind yourself of God's love and promises. Trust that He is guiding you through this season.

- Prompt: Write a prayer or affirmation to encourage yourself during tough moments.

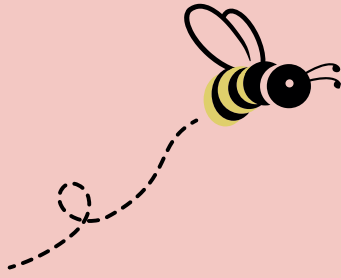
Inspiration: "I can do all things through Christ who strengthens me." – Philippians 4:13

Reflection and Gratitude Page

Take a moment to write a letter to yourself about your growth and the progress you've made on this journey.

- Prompt: Begin your letter with, "Dear [Your Name], I am proud of you for..."

[illegible]



Next Steps

Your Confidence Journey Continues...

You've taken the first steps to rebuild your confidence—and that's worth celebrating! If you're ready to dive deeper, join my Queen Bee Transformation program for personalized counseling and support.

Click here to learn more and take the next step in your transformation:
Free 20 Minute Queen Consultation
Call

Daily Gratitude

I am Grateful For

My Notes

Meet Your Guide

Cherie Rickard is a faith-based coach, speaker, and author passionate about helping women rebuild their lives with grace after grief, betrayal, or adversity. Through her Queen Bee Transformation program, Cherie has empowered countless women to rise stronger and more confident.

Contact Info:

Queenbeetransformation.com

Instagram: @thecherierickardshow

Podcast: [The Cherie Rickard Show](#)

“You are stronger than you think and more loved than you know.”



READY TO REBUILD?

**LET'S TRANSFORM YOUR STORY
TOGETHER! DO YOU EVER FEEL LIKE
YOU'RE STUCK IN YOUR STORY,
READY FOR A NEW CHAPTER BUT NOT
SURE WHERE TO BEGIN? I GET IT.**

**AFTER LIFE'S TOUGHEST
CHALLENGES—WHETHER IT'S GRIEF,
A TOUGH BREAKUP, BETRAYAL, OR
JUST FEELING LOST—IT'S EASY TO
FEEL UNSURE ABOUT YOUR NEXT
STEP. THAT'S WHERE MY ONE-ON-ONE
COACHING PROGRAM COMES IN!**

