

Confidence Kickstart Workbook

Welcome to Your Confidence Kickstart

This mini workbook is designed to help you build daily confidence through self-reflection, action steps, and mindset shifts.

You can print this out or use it digitally -- whatever feels best for your routine!

Daily Affirmation

I trust myself to grow, to try, and to show up even when it's hard.

Write it down. Repeat it daily. Speak it into your day like a mantra.

Journal Prompt

What is one fear or doubt I want to let go of today?

How would I act if I fully believed in myself right now?

Action Step

Do one small thing today that feels a little uncomfortable -- something that stretches you.

Examples:

- Speak up in a meeting
- Start that project you've been avoiding
- Say no to something that doesn't serve you

Reflection Space

What did you do today that made you feel proud?

Confidence Kickstart Workbook

How did you support your confidence today -- even in a small way?