



DAWN BOOTH
LIFE COACH

Coaching Worksheets

CHANGING YOUR LIFE...
ONE THOUGHT AT A TIME



2025

Mini Momentum Tracker:

Build Confidence

Through Action

Intro:

This worksheet is designed to help you build confidence by taking small, consistent actions. We often feel overwhelmed by large goals but breaking them down into "mini-actions" can create momentum and a sense of accomplishment, which in turn boosts confidence.

Part 1: Identify Your Goal

1. **WHAT** is one goal you would like to achieve? This could be related to any area of your life: career, health, relationships, personal development, etc.

○ My Goal:

Part 2: Break It Down into Mini-Actions

1. **BRAINSTORM** at least 5-7 small, actionable steps you can take to move you closer to your goal. These should be very small and easy to accomplish. Think of actions that will take you 5-15 **minutes**. The key is to make them so easy that you can't say no to doing them.

○ ***Example Goal: Write a book.***

○ ***Mini-Actions:***

- *Spend 10 minutes brainstorming book titles.*
- *Write one paragraph of the introduction.*
- *Research 3 potential book cover designs.*
- *Read one article about book publishing.*
- *Create a file on my computer for the book project.*
- *Ask a friend for feedback on my book idea.*
- *Set a timer for 15 minutes and free-write anything related to the book.*

2. List your mini-actions for YOUR GOAL below:

○ ***Mini-Action 1:***

○ ***Mini-Action 2:***

○ ***Mini-Action 3:***

○ ***Mini-Action 4:***

○ ***Mini-Action 5:***

○ ***Mini-Action 6:***

○ ***Mini-Action 7:***

Part 3: Track Your Momentum

Use the table below to track your progress each day. Check off the mini-actions you complete. Notice how completing even small tasks can make you feel more confident and motivated.

Day	1	2	3	4	5	6	7	Notes/Reflections
(Example)								Felt good to get those two small things done. Easier than I thought!
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Part 4: Reflection

1. ***HOW** did you feel as you completed each mini-action? Did you notice any shift in your mood or energy?*
2. ***DID** you notice a change in your confidence level as you completed more mini-actions? Why or why not?*
3. ***WHAT** did you learn about breaking down goals into smaller steps?*
4. ***HOW** can you apply this "mini momentum" concept to other areas of your life?*
5. ***WHAT** is your commitment going forward? How will you continue to use this tracker and build momentum?*

Prompt:

*If you completed at least 3 steps this week, you've built momentum.
Keep going - you're closer than you think!*