

THIS IS A PREVIEW COPY

Confidence For Women Ready To Feel Stronger

A 14-Day Reboot to Build Self-Confidence One Small Step at a Time

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[Confidence Workbook](#)

How to Use This Workbook

This isn't a challenge you complete once and forget.

It's a confidence reboot designed for repetition, reflection, and real-life use.

You can go through it daily, take it slower, or repeat it in cycles.

There's no wrong pace.

Just progress.

Each day includes:

- A short teaching (easy to digest)
- One small, confidence-boosting action
- A reflection prompt
- Occasionally, a visual or worksheet to deepen the practice

A Note Before You Begin

There's no right way to be confident. This is about reconnecting to your voice, your pace, and your version of strength not anyone else's.

Confidence doesn't mean being fearless. It means acting anyway.

Confidence doesn't mean being loud. It means being grounded.

Confidence doesn't mean you never doubt. It means you move forward even with the doubt.

You're allowed to take up space. You're allowed to start small.

You're allowed to begin even if you don't feel ready. Let this guide be your quiet reset. One step at a time. One breath at a time. You've got this.

Editor: Diana Morgan

Inspirational Guidance

P.S. I hope you enjoy all the bonus resources and extra pages, like:

- Bonus: The 10-Minute Confidence Reset
- Bonus: 20 Reflection Questions
- Bonus: 14-Day Tracker with additional 7-day tracker
- Bonus: Printable Quotes
- Bonus: Affirmation Script Builder
- Quick Reference Sheets (*A summary of every tool taught*)
- Recommended Reading and Resources

Why Small Steps Work

Research shows that small, consistent changes lead to more lasting transformation than big dramatic overhauls. That's why each action in this workbook is one small step on purpose. You're not here to hustle your way into self-belief — you're here to build it, breath by breath.

Small steps are powerful because they're repeatable. They don't require the perfect mood, the right timing, or a huge burst of motivation. They're accessible even on the hard days. And when practiced daily, they create momentum — not pressure. That's what builds real, steady confidence: showing up again and again, until it feels natural.

Confidence vs. Esteem: Why We Build Both

Self-confidence is your belief in your ability to do things.

Self-esteem is your belief in your worth, whether or not you do them perfectly.

We need both, and this workbook helps you strengthen them side by side.

Confidence is what gets you moving — it helps you try new things and take small risks. Esteem is what catches you when things don't go as planned.

Together, they help you show up fully. When you practise skill-building alongside self-worth, you create a foundation that's not just strong, but sustainable.

01

Week One – Reconnect with Your Inner Strength

Day 1: What Confidence Feels Like

Day 2: Rewrite the Labels You've Been Given

Day 3: Track the Voice in Your Head

Day 4: Define "Success" for Yourself

Day 5: The Power of One Breath

Day 6: Visualize a Small Win

Day 7: Review & Reflect: What's Shifting?

02

Week Two – Take Up Space and Speak Up

Day 8: Anchor in the Present

Day 9: Say "No" Without Guilt

Day 10: Affirm Your Worth (and Mean It)

Day 11: Confidence in Conversations

Day 12: Feel the Fear and Try Anyway

Day 13: Build a “Proof List” of Your Wins

Day 14: You Did It. Now Do It Again.

03

Week Three - Embody the New You

Day 15: Choose Your Future Identity

Day 16: Lead Yourself Daily

Day 17: Break the Comparison Loop

Day 18: Trust Yourself More

Day 19: Move Like You Mean It

Day 20: Confidence as a Daily Practice

Day 21: Integration & Intention

Workbook Week One

7 Days to Reconnect with Your Inner Strength

A printable workbook to build confidence using small, repeatable steps

If you have been feeling unsure of yourself: second-guessing, shrinking back, or stuck in a loop of “not enough” this is your place to begin.

Confidence isn't something you magically find one day. It's something you remember, rebuild, and repeat, slowly, steadily, and on your own terms.

This first workbook is about reconnecting with what's already there: your inner strength, your quiet courage, your ability to keep going even when it's hard. Over the next 7 days, you will take one small step each day.

Each step is simple on purpose, because lasting change doesn't come from overwhelm, it comes from repetition. You'll explore gentle but powerful tools like breathwork, reframing thoughts, and reconnecting with past moments of pride. You'll also learn why each tool works, so you understand the science behind the shift.

There's no pressure to get it right. Just show up. Read one page. Try one thing.

That's how confidence begins, not with a leap, but with a steady return to yourself. Let's begin.

DAY 1: What Confidence Feels Like

Core Idea:

You don't have to build confidence from scratch, you already hold a memory of it. Somewhere in your past, there is a version of you who felt proud, calm, capable. That moment may have been small or fleeting, but it mattered. When you reconnect with that feeling, even briefly, you remind your nervous system that confidence is not out of reach. It's familiar. It's yours. This isn't about faking it; it's about re-feeling it.

Why It Works:

Emotionally recalling a positive past experience activates the same areas of the brain as the original event (neuroscience calls this *re-experiencing*). When you "re-feel" confidence, your body begins to believe it's possible again.

One Small Step

Write down a moment when you felt confident. Any moment. Big or small.

- Close your eyes.
- Recall the moment.
- Where were you?
- What were you doing?
- How did your body feel?

Workbook Week Two

Take Up Space & Speak Up

*A 7-day confidence workbook for growing your voice, courage,
and inner presence*

If Week One helped you reconnect with your inner strength, Week 2 is where you start using it gently but clearly.

This workbook is about voice. Not just speaking louder, but speaking with intention. Not just saying more, but saying what matters. You don't have to become someone else to be confident, you only need to practise showing up as more of yourself.

Here, you'll learn how to anchor into the present, set boundaries without apology, affirm your worth, and

navigate everyday conversations with more clarity and calm. These aren't big, dramatic moves. They're subtle shifts, the kind that accumulate into real presence.

Confidence isn't always about being certain. Sometimes, it's just about being willing to try. To say no when you usually say yes. To speak when you'd normally shrink. To take a breath before you react.

This workbook helps you take up space in your words, in your body, and in your decisions with quiet conviction. Let's begin.

DAY 8: Anchor in the Present (State Reset)

Core Idea:

When anxiety shows up, it tries to pull you into the future. Imagining worst-case scenarios, spirals, or second-guessing. But confidence doesn't live in the future. It only ever exists in the present moment. That's why anchoring your senses is so powerful. It grounds you in what's real, right now. By naming what you can see, hear, and feel, you bring your body and mind back into alignment so you can respond with calm instead of panic.

Why It Works:

NLP and mindfulness-based CBT both show that anchoring your senses in the here and now calms the nervous system, improves memory, and boosts clarity before action.

One Small Step

Practice a 3-point sensory reset today:

1. Name 3 things you can see
2. Name 2 things you can hear
3. Name 1 thing you can physically feel

Do this before a conversation, meeting, or anytime you feel nervous.

Workbook Week Three

Embody the New You

A 7-day advanced workbook to integrate your self-belief into your daily life

By now, you've done more than practise confidence, you've started becoming someone who lives it.

This third workbook is about integration. It's where confidence moves from something you do to something you *are*. You'll begin to notice the small but meaningful ways your identity is shifting: how you think, how you respond, how you move through the world. And now, we anchor those shifts more deeply.

This is where confidence becomes consistent, not perfect, but reliable. You'll choose the version of yourself

you want to lead with. You'll practise self-leadership, break the habit of comparison, rebuild trust in your past choices, and begin crafting the future with calm, deliberate action. You're not starting over. You're reinforcing what's already true: that you can trust yourself, guide yourself, and grow even when it's hard, even when it's quiet.

Let this final week be a celebration of who you're becoming and a reminder that the journey doesn't end here. It deepens.

You've earned this next step. Let's lock it in.

DAY 15: Choose Your Future Identity

Core Idea:

Confidence becomes lasting when it's no longer something you do, it's who you believe yourself to be. The most powerful change happens when your habits align with the identity you want to grow into. Instead of focusing on outcomes or behaviours, start with this question: *Who am I becoming?* Begin to act from that version of yourself, even if it feels unfamiliar. Confidence isn't a costume you wear. It's a quiet agreement between your current self and your future self and you can start stepping into it now.

Why It Works:

According to identity-based habit theory (James Clear, *Tiny Habits*), the most powerful behavioural changes happen when you stop trying to change what you *do* and start focusing on who you *believe you are*.

One Small Step

Write out a one-sentence identity you are stepping into:

"I am the kind of person who..."

Example:

"I am the kind of person who speaks calmly and confidently, even when I'm unsure."

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