

The Confidence Reset



*How to Ditch Self-Doubt,
Own Your Worth & Show
Up Confidently in Life.*

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01 *Welcome / Introduction*

WELCOME! LET'S HIT RESET ON THAT BRAIN OF YOURS

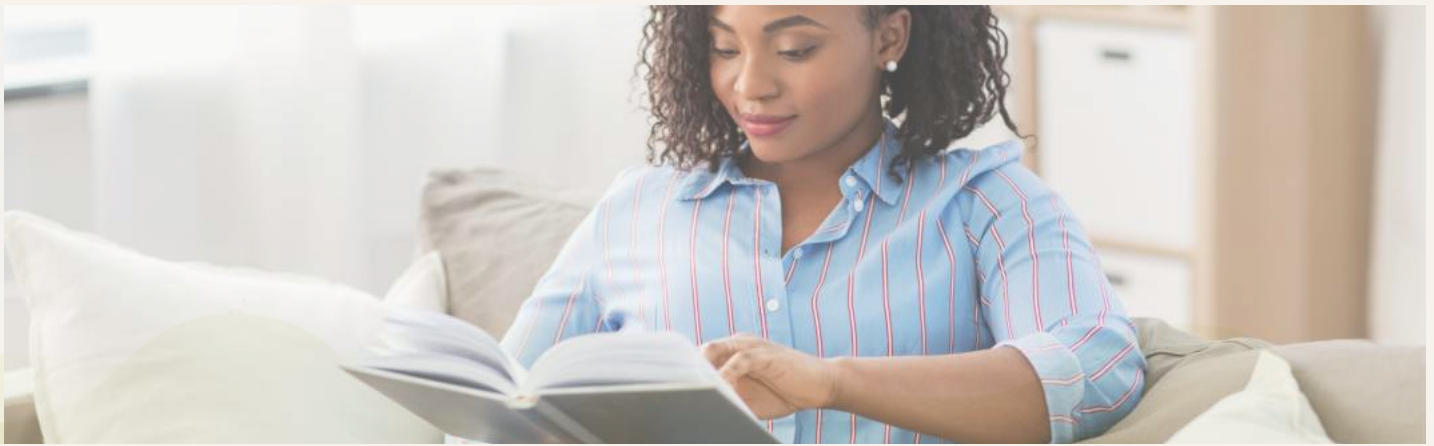
Hello lovely friend! Chances are you clicked to get this ebook because your confidence has taken a hit, you're tired of your own overthinking, self-doubt, and that inner critic who won't shut up.

First off, let me say: **I see you.** I know what it's like to feel like you're stuck in your own head, constantly questioning yourself, replaying past mistakes, and wondering "Why the hell can't I just be calm, relaxed and confident like everyone else?"

Well, I've got good news: You're not broken. Your brain is just running on old, outdated programming that you didn't even choose. And the even better news?

- ☛ You can rewire it.
- ☛ You can reset your subconscious.
- ☛ You can step into a version of you that actually feels powerful.

This isn't about 'fake it till you make it' or forcing yourself to chant affirmations you don't believe. This is about learning how your subconscious actually works so you can stop feeling stuck and start showing up as the strong, confident woman you were born to be.



WHAT TO EXPECT IN THIS EBOOK

I designed this ebook to be short, snappy, and actually useful (because nobody has time for fluff). Here's what you'll learn:

- ✓ Why 95% of your thoughts, beliefs & behaviours are running on autopilot (and how to take control).
- ✓ How to spot & delete the sneaky subconscious programming that's making you doubt yourself.
- ✓ A simple, science-backed method to rewire your brain for confidence and success.
- ✓ How to stop self-sabotaging and finally feel good enough (because you ARE).
- ✓ Actionable steps you can take right now to start seeing shifts in your confidence.

This isn't just about mindset - it's about transformation.

So if you're ready to break free from the self-doubt, overthinking, and 'I'm not confident enough', then grab a coffee (or a glass of wine, I'm not judging), get cozy, and let's RESET your subconscious to become that confident, powerful woman that you are.

You in? Good. Let's do this.

About

Hello, I'm Angela.

If you're reading this, chances are, we have something in common: At some point, you've felt like your own worst enemy. Am I right?

I know this feeling all too well. I used to be the queen of overthinking, self-doubt, and letting my inner critic run the show. I'd set big goals... then immediately talk myself out of them. I'd shrink myself in conversations, afraid of saying the "wrong" thing. I'd look at confident women and think, "How do they DO that?!"

I used to think confidence was something people were born with. (spoiler: it's not).

Then I learned the secret: it wasn't that they had something I didn't. They had different subconscious programming.

Once I figured out how to rewire my own mind, everything changed. And now? I help women just like you ditch the limiting beliefs, silence the self-doubt, and step into the confidence they were meant to have.

Because you deserve to feel worthy. You deserve to take up space. You deserve to live a life where you aren't held back by old fears.

And that's exactly what this ebook is here to help you start doing. 💡



02 *Understanding Your Brain*

THE SECRET SUPERCOMPUTER RUNNING YOUR LIFE (WITHOUT YOUR PERMISSION)

Let's play a quick game.

- Have you ever watched a sad movie and cried?
- Have you ever watched a horror movie and felt scared?
- Have you ever driven somewhere and suddenly realised you don't remember half the trip?
- Do you automatically grab your phone the moment you feel awkward or bored?
- Have you ever found yourself saying, "Ugh, why do I always do this?!"

Congratulations!

you've just witnessed your subconscious mind in action.



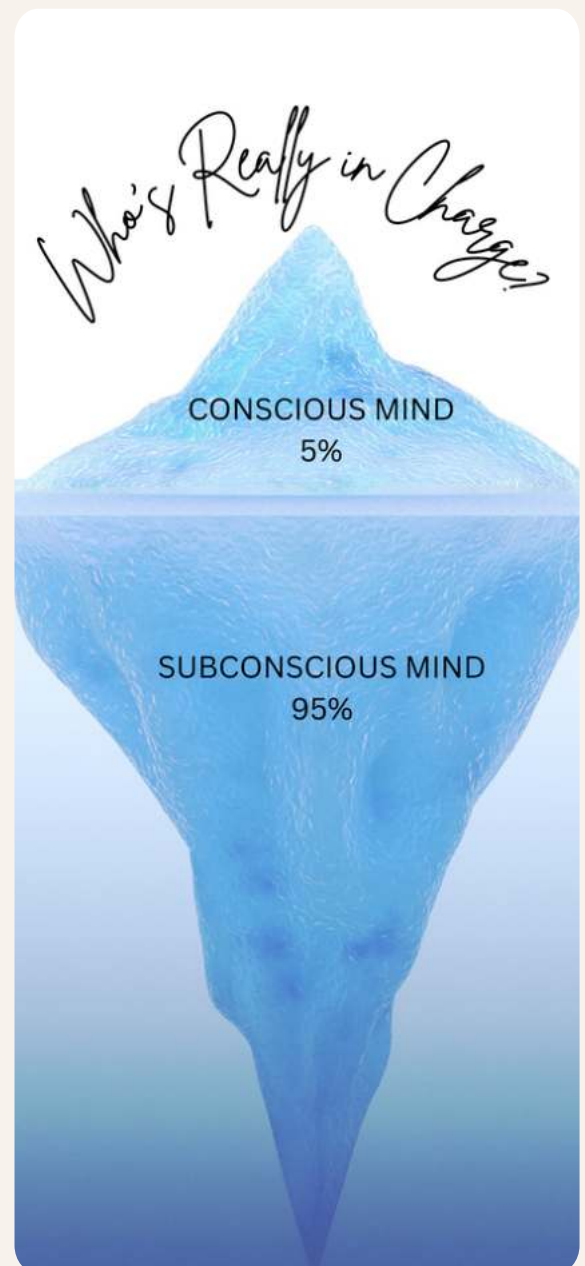
SO, WHAT THE HECK IS THE SUBCONSCIOUS MIND?

Think of your mind like an iceberg.

The tiny bit above the water? That's your conscious mind—the logical, thinking part of your brain. You like to believe that's what's in charge. (Spoiler: It's not.)

But the massive part beneath the surface? That's your subconscious mind. And guess what? It's controlling 95% of your thoughts, beliefs, habits, and emotions.

This means that most of the decisions you make, the habits you have, and even how you see yourself... are happening on autopilot.





Imagine your mind as a beautiful garden

Whatever you plant, grows!

So what are you planting?

☀️ Your conscious mind is like the gardener - it plants the seeds (thoughts, beliefs, intentions).

🌱 Your subconscious mind is the soil - it doesn't judge, it simply nurtures whatever is planted. (your programmes)

If you plant confidence, self-worth, and belief in yourself, your subconscious will grow those into strong, thriving flowers. 🌸🌟
But if you let in weeds—self-doubt, fear, and limiting beliefs - they will grow and take over. 🌿💧

Your job? Be an intentional gardener.

- ✓ Plant empowering thoughts.
- ✓ Pull out the weeds of negativity.
- ✓ Water your confidence daily.

Because your mind will grow whatever you feed it—choose wisely!



WHY DOES THIS MATTER?

Because if your subconscious mind is running the show - and it's filled with self-doubt, fear, and limiting beliefs - then you're basically running on outdated programming that keeps you stuck. And you're not even aware of it! (until now)

The good news? You can reset it - back to your true self (before you had the doubt, fear, or limiting beliefs). Even if you're thinking - "but I've always been scared or anxious or filled with self doubt.

FACT: You were **not** born with these fears - you learned them, just like you learned to walk, run, drive a car... etc. So you **CAN** 'unlearn' / 'reset' / 'reprogramme' your subconscious mind.

Imagine being able to:

- ✓ Automatically believe in yourself instead of questioning everything.
- ✓ Stop second-guessing and actually trust your decisions.
- ✓ Step into confidence like it's your natural state (because it is!).

That's exactly what this book is going to help you start doing. Ready to upgrade your mindset software? Let's go.



HOW YOUR MIND GOT PROGRAMMED

(WITHOUT YOUR PERMISSION)

*YOU were born **without** fears, self doubt and limiting beliefs.*

THEN LIFE HAPPENED...

You were not born doubting yourself, you were not born with anxiety, you were not born with fears, you were not born with stress, you were not born with....(fill in the blank).

Think about babies. 🙄

Do they care if someone is judging them? Nope.

Do they hesitate before demanding what they want? Nope.

Do they look in the mirror and think, "Ugh, I should really lose some baby fat?" 😊 HELL NO!

So what happened?

Life... People... Society... That's what.



WHERE YOUR SUBCONSCIOUS PROGRAMMING CAME FROM?

Your subconscious mind soaks up information like a sponge—especially when you're young, from 0-7 years . It absorbs beliefs from:

- **Parents & Caregivers** – Did you hear things like “Be careful,” “That’s too risky,” or “You’re not smart enough for that”? Your brain stored that.
- **School & Society** – Were you taught to fit in rather than stand out? Rewarded for playing it safe instead of taking risks? Yep, more programming.
- **Past Experiences** – One embarrassing moment in the classroom (that no one else even remembers) can still be running the show.
- **Media & Culture** – Constant messages about what you “should” be can create hidden insecurities. (You must be confident, but not too confident. Be independent, but not intimidating. Be natural, but also flawless. Oh, and don’t age. 😞)



SO, WHAT DOES THIS MEAN?

It means that a LOT of what you believe about yourself isn't even yours. It was handed to you—and you accepted it as truth.

- ☞ That nagging self-doubt?
- ☞ That fear of failure?
- ☞ That belief that you're not good enough?

All of the above more likely someone else's caution passed down to you.

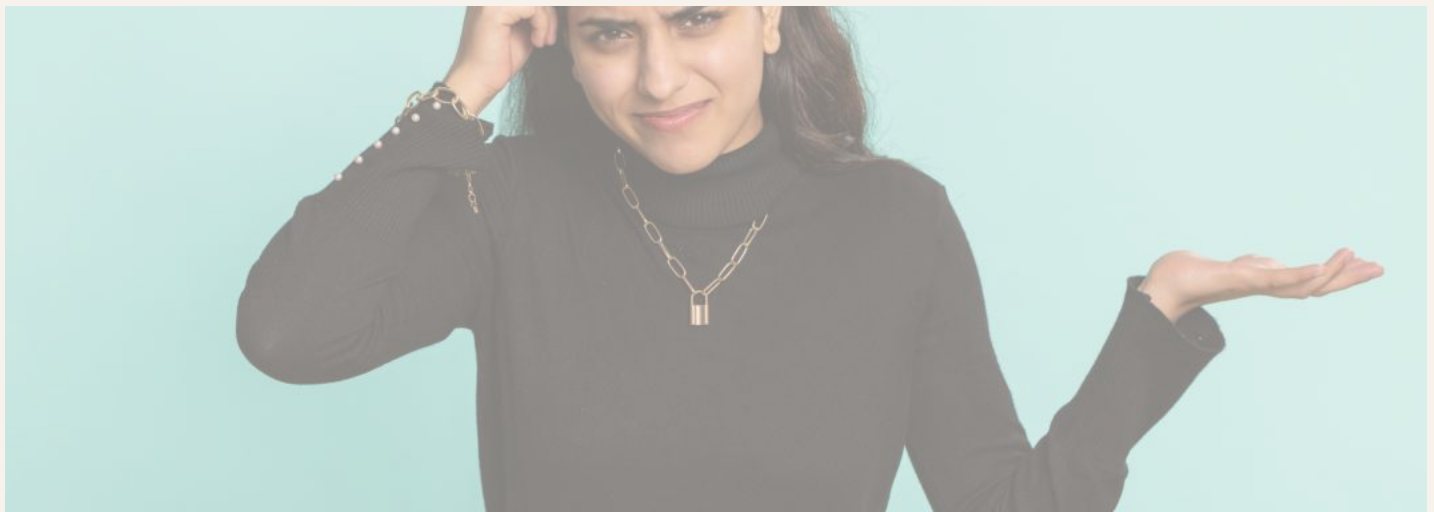
So, the first step in resetting your subconscious for confidence is realising this:

Your thoughts are **not** facts. They are **not** truths.

They're just old programmes and patterns being controlled by the subconscious mind resulting in 'unhelpful' limiting beliefs.

But... you have the power to update them.

Next, let's find out how to spot the limiting beliefs running in the background... so you can delete them. Ready?



HOW TO SPOT A LIMITING BELIEF IN 3 SECONDS!

A limiting belief is any thought that holds you back from the life you want. Here's how to catch one in the act:

Look for "I can't," "I'm not," or "I should" statements.

- "I can't speak up in meetings—what if I sound stupid?"
- "I'm not good at handling pressure."
- "I should wait until I feel ready."

Notice when you talk yourself out of something.

- Ever wanted to do something exciting (apply for that job, launch that business, wear that outfit)... but a voice in your head went "Nah, not you"?
- That's not reality talking - it's programming.

Pay attention to negative patterns.

- Keep sabotaging relationships?
- Always procrastinating on big goals?
- Feel like you're stuck in the same cycle?

Hint: A sneaky (subconscious) belief is running the show. 🤖



EXERCISE:

LET'S CATCH YOUR LIMITING BELIEFS IN THE ACT

Grab your journal, or a piece of paper (or your phone notes) and answer these:

- 1. What's something I really want... but feel I "can't" do?
- 2. What's the 'fear' stopping me?
- 3. Where did I first learn this was "true" (a person, past event, society)?
- 4. Is this belief actually mine - or did I just inherit it?

You just uncovered a hidden subconscious belief.

Now, let's rewrite that script!



FIRST STEP - AWARENESS

YOU CAN'T CHANGE WHAT YOU DON'T NOTICE

Here's the deal: Your subconscious mind is sneaky. It's been running your life on autopilot, making you believe that your doubts, fears, and hesitations are just "who you are." But that's not true.

*You are **NOT** your thoughts. **YOU** are the one who **observes** them.*

And that, my friend, is your secret weapon.



THE POWER OF AWARENESS:

CATCHING YOUR SUBCONSCIOUS IN ACTION

Ever had a moment where you suddenly catch yourself thinking something negative?

Like...

- ✗ “I’ll never be confident.”
- ✗ “I’m just bad at making decisions.”
- ✗ “I’m just not capable?”

That moment of awareness?

That’s where the power is.

Once you start noticing these thoughts instead of just believing them, you create space for change.



MINI CHALLENGE:

START CATCHING YOUR SUBCONSCIOUS IN ACTION

For the next 24 hours, try this:

Step 1: Notice when you think or say something self-doubting.

(Example: "I can't do that." → Oh wait, that's just old programming)

Step 2: Pause & call it out.

Say to yourself: "That's just an old belief - I don't have to listen to it."

Step 3: Rewrite it.

Turn it into a neutral or positive statement.

Example:

✗ "I'm not good at public speaking."

✓ "I'm learning to feel more comfortable speaking up."

The more you catch and reframe these thoughts, the weaker their grip becomes.

And guess what? You are already starting to rewire your brain.

03

The Subconscious Reset Formula

HOW TO REPROGRAM YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

Your subconscious learns through repetition, emotion, and action. So here's how to do it properly:

1. Upgrade Your Self-Talk (*The Right Way*)

✗ Affirmations: "I am confident. I am fearless."
(while secretly thinking no I'm not 😞)

✓ Better approach: (**Use Bridge Statements**)
Instead of saying something your brain doesn't believe, try this:

💡 "I am learning to be more confident."

💡 "I am working on trusting myself more."

💡 "Every day, I am becoming more comfortable in my own skin."

***This way, your subconscious doesn't reject it
it accepts it as possible.***



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

2. Visualisation: Trick Your Brain into Believing It's Already Happened

Your brain can't tell the difference between a real memory and an imagined one. That's why visualisation works.

Try this:

- Close your eyes and imagine yourself already being the confident, fearless version of you.
- See yourself speaking up effortlessly.
- Feel what it's like to walk into a room owning your power.
- Repeat this for 2-5 minutes daily—your brain will start making it real.



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

3. Act 'As If' – Confidence Through Action

Your subconscious watches what you do - your actions.

So if you want to be more confident, start acting as if you already are.

- Want to feel more powerful? Sit up straighter, speak clearly.
- Want to stop overthinking? Make quicker decisions (even small ones count!).
- Want to stop doubting yourself? Say yes to something that scares you.

***You don't need to feel confident to start - you just need to start.
The feelings will follow.***



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

QUICK REPROGRAMMING ROUTINE (5 Minutes a Day!)

- ✓ 1. Say a bridge statement ("I am learning to trust myself")
- ✓ 2. Visualise yourself as your highest self (2 min)
- ✓ 3. Do ONE small action today that your confident self would do

Repeat and watch what happens.



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

THE SECRET TO LASTING CHANGE: REPETITION! REPITION! REPITION!

You don't go to the gym once and expect six-pack abs, right?

Same with your mindset - you need consistent reinforcement for your subconscious to actually believe and adopt the new programming.

Good news? You don't need to spend hours on this.

Small, daily shifts will stack up into big changes.



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

HOW TO REINFORCE YOUR NEW MINDSET DAILY

Here's how to make your subconscious lock in these upgrades:

1. Morning Mindset Reset (2 Min Daily)

- Before you grab your phone in the morning, take a moment to ask:
- “What would my most confident self do today?”

Then, set an intention for the day:

- ✓ “Today, I choose to trust myself.”
- ✓ “I am going to take up space and own my voice.”
- ✓ “I am worthy of success, love, and abundance.”

Your brain will start looking for ways to make that true.



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

2. Catch & Redirect Negative Thoughts (In Real-Time)

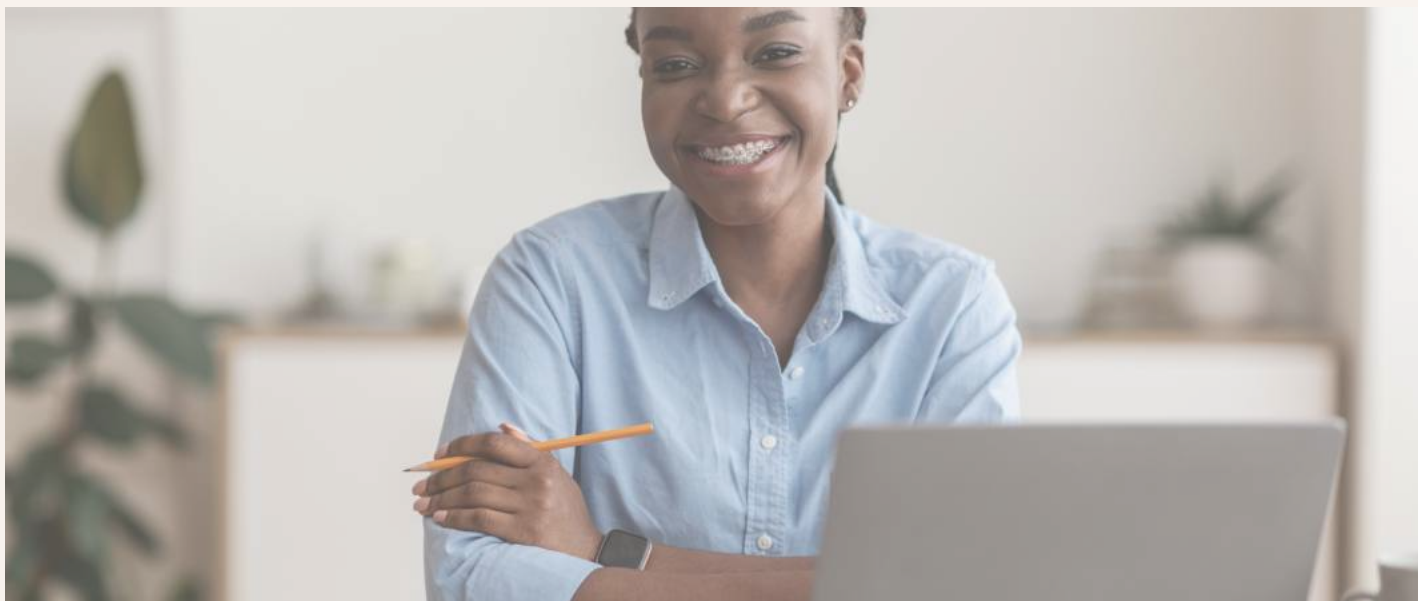
When an old limiting belief pops up (because it will), don't panic—just catch it and redirect it.

Example:

- ✗ "I can't do this." →
- ✓ "I've handled difficult things before, I can figure this out."

- ✗ "I'm not good enough." →
- ✓ "I am learning and growing every day."

This stops your brain from reinforcing the old wiring and strengthens the new one.



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF)

3. Confidence isn't built by thinking—it's built by doing.

Here's a challenge:

Each day, do ONE small thing that pushes your comfort zone.

Examples:

- ✓ Send that email you've been overthinking.
- ✓ Speak up once in a meeting.
- ✓ Post that idea on social media.
- ✓ Try something new (even if it's small).

Every time you act differently, your subconscious gets the message:
"Oh, this is who we are now."

***And that's how you become confident—not by waiting,
but by acting.***



HOW TO REPROGRAMME YOUR SUBCONSCIOUS (WITHOUT THE FLUFF):

Change Happens in Tiny Moments

- It's not about big overnight shifts—it's about daily, small actions that stack up.
- The more you practice these steps, the faster your subconscious rewires.
- The more you take action, the more natural confidence becomes

REMEMBER:

Practice Self-Compassion

Give yourself permission to feel, without judgment. Try placing a hand on your heart and saying, "I honour where I am today."

Building confidence is not about speed; it's about showing up for yourself, one step at a time!

04

Mind Blocks



What if I'm too stuck to start?

- *Start small - so small it feels almost effortless. Write down one intention. Visualise it and take one small action to make it happen.*

What about the intrusive thoughts?

- *Remember, they are just 'thoughts', they are not truths, you don't need to believe your thoughts.*

How do I stay motivated?

- *Motivation follows action, not the other way around. Commit to taking one small step each day, and the momentum will build. Celebrate every victory, no matter how small, and remind yourself that every effort is a testament to your strength.*

05

Taking Action

YOUR RESET HAS ALREADY STARTED

First of all—Congratulations! 🎉

You've just taken a powerful step toward rewiring your mind, breaking free from self-doubt, and stepping into the confident, unstoppable version of yourself.

I know this journey isn't always easy. Change takes awareness, action, and consistency—but guess what? You're already doing it.

Every time you:

- ✓ Catch a limiting belief and reframe it,
- ✓ Take a bold action even when doubt creeps in,
- ✓ Show up as the person you're becoming...
- 💡 You're reinforcing your confidence with each positive action.

And the best part? This is only the beginning.

06

Next Steps

WHAT IF YOU COULD GET EVEN FASTER RESULTS?

While this ebook gives you a strong first step, true transformation happens when you have personalised guidance, accountability, and deeper subconscious rewiring techniques.

That's exactly what we do inside my 1:1 Coaching Program.

Imagine this:

- ✓ A subconscious that works for you, not against you.
- ✓ Confidence and self esteem that feels natural and unshakable.
- ✓ Decisions made with clarity, not self-doubt.
- ✓ Finally stepping into the life you've always wanted.

If you're ready to fast-track your transformation, let's chat about how working together 1:1 can help you get there faster.

[🔗 Click here to book a free discovery call](#)
(No pressure, no obligation—just a friendly chat to see
how I can help!)



I look forward to connecting with you.



Angela x



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