



# Confidence

/ˈKɒn.fɪ.dəns/

THE QUALITY OF BEING CERTAIN OF YOUR  
ABILITIES OR OF HAVING TRUST IN  
PEOPLE, PLANS, OR THE FUTURE

SOURCE: CAMBRIDGE DICTIONARY

# CONFIDENCE BOOST

## Cheatsheet

### Simple Strategies to Elevate Your Confidence Anytime, Anywhere

Whether you're preparing for an important meeting, stepping into a new challenge, or simply wanting to feel more empowered in your day-to-day life, these tools will help you reconnect with your boldest, most authentic self.

#### Why You'll Love It:

- Immediate Impact: Each strategy can be implemented in just a few minutes, giving you an instant confidence boost.
- Practical and Relatable: These tips fit seamlessly into your daily life...no matter how busy or overwhelming things feel.
- Empowering and Transformative: This isn't about faking confidence...it's about building a real, lasting belief in yourself.

Keep this cheat sheet handy throughout the Step Into Your Power Confidence Challenge and beyond. Let it remind you that confidence is built through small, consistent actions... and that you already have everything you need to succeed!



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## Power Posing

**What It Is:** Stand tall, shoulders back, hands on your hips, or raise your arms in a victorious "V" shape.

**Why It Works:** Boosts your confidence by signalling power and presence to your brain.

**How to Use It:** Use it before a meeting, social event, or any moment where you want to feel in control.



## Anchor Yourself with a Success Memory

**What It Is:** Think of a time when you accomplished something you're proud of.

**Why It Works:** Activates positive emotions and reminds you of your capabilities.

**How to Use It:** Close your eyes, relive the memory, and carry that energy into your next challenge.







## Speak to Yourself Like a Friend

**What It Is:** Replace self-criticism with encouragement.

**Why It Works:** Builds self-compassion and reframes your mindset.

**How to Use It:** Ask yourself, “What would I say to a friend in this situation?” Then say it to yourself.



## Break Tasks into Micro-Steps

**What It Is:** Focus on one small, manageable step instead of the big picture.

**Why It Works:** Reduces overwhelm and gives you a quick win to build momentum.

**How to Use It:** Ask yourself, “What’s one thing I can do right now to move forward?”





## Compliment Someone

**What It Is:** Share a kind word with someone else.

**Why It Works:** Strengthens connections and reminds you of your ability to make a positive impact.

**How to Use It:** Notice something genuine you admire about someone and tell them.



## Use Affirmations

**What It Is:** Repeat positive statements about yourself.

**Why It Works:** Rewires negative thought patterns and boosts self-belief.

**How to Use It:** Say affirmations like, "I am capable, courageous, and enough" aloud or in your mind.







## Celebrate Small Wins

**What It Is:** Acknowledge even the tiniest accomplishments.

**Why It Works:** Builds a habit of recognising progress and reinforces positivity.

**How to Use It:** At the end of the day, list three things you did well.



## Power Dressing

**What It Is:** Wear something that makes you feel amazing, bold, and authentic.

**Why It Works:** The way you dress affects how you feel about yourself and how others perceive you.

**How to Use It:** Choose an outfit that reflects your best self...whether it's a bold blazer, your favourite colour, or something that makes you stand taller.







## Play some bangers

**What It Is:** Put on your favourite playlist or songs that make you feel energised, happy, or unstoppable...and let the music take over.

**Why It Works:** Music has the power to boost your mood, release tension, and energise your mind and body. Pairing it with movement to amplify the effect.

**How to Use It:** Create a playlist of songs that make you feel unstoppable and use it anytime you need a boost.

[Or use mine here](#)



## Shake It Off

**What It Is:** Get your body moving by jumping, shaking, or doing a few quick stretches. (Or dancing!)

**Why It Works:** Physical movement boosts your mood and brings instant energy and focus.

**How to Use It:** When you're feeling stuck or nervous, take 1-2 minutes to shake out your hands, jump, or stretch it out.





## Perfect Your Posture

**What It Is:** Sit or stand with your back straight, shoulders back, and chin up.

**Why It Works:** Good posture signals confidence to yourself and others.

**How to Use It:** Check your posture throughout the day, especially before important interactions.

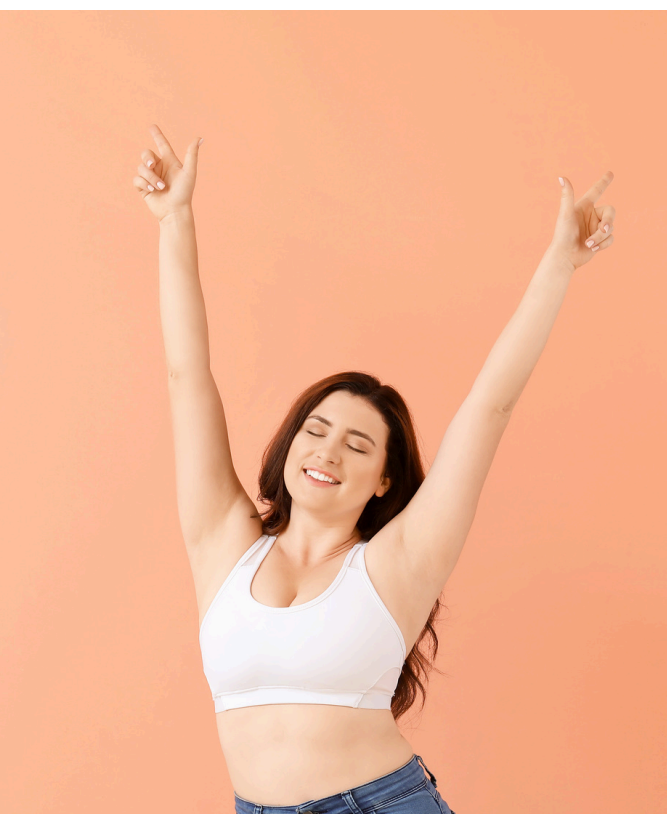


## Make an Empowerment List

**What It Is:** Write down 10-20 things you love about yourself & reasons you're capable of anything.

**Why It Works:** Seeing your strengths on paper builds self-awareness and reinforces confidence.

**How to Use It:** Keep your list handy and add to it regularly.







## Smile Big

**What It Is:** Smile widely, even if you don't feel like it.

**Why It Works:** Smiling releases endorphins and helps you feel happier and more confident.

**How to Use It:** Before a big event or when you're feeling low, smile at yourself in the mirror.



## Reflect on Past Wins

**What It Is:** Recall a time when you accomplished something you're proud of.

**Why It Works:** Reminds you of your resilience and capability.

**How to Use It:** Close your eyes and relive the emotions of that moment to boost your confidence.







## Gratitude Reflection

**What It Is:** Take a moment to appreciate something about yourself.

**Why It Works:** Gratitude shifts your focus to positive traits and experiences.

**How to Use It:** Write down or say out loud one thing you're grateful for about yourself each day.



## Ask for Feedback

**What It Is:** Ask a trusted friend, colleague, or mentor to share what they think you're great at.

**Why It Works:** Hearing positive feedback can reinforce your self-worth.

**How to Use It:** Save their comments to revisit when you need a boost.



# DAILY CONFIDENCE

## Checklist

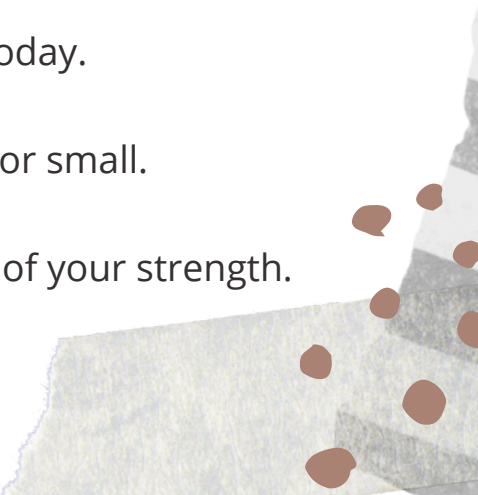
### Morning Confidence Boost

- ☐ Dress in an outfit that makes you feel bold and authentic.
- ☐ Dance to your favourite song or listen to an empowering playlist.
- ☐ Set a Bold Intention for the day

### Midday Power Pause

- ☐ Check your posture and roll your shoulders back.
- ☐ Take a few deep breaths, imagining confidence flowing in and self-doubt flowing out.
- ☐ Write one thing you're proud of about yourself or one thing you're grateful for.

### Evening Confidence Ritual

- ☐ Reflect on a moment when you showed up boldly today.
  - ☐ Write down one thing you accomplished today, big or small.
  - ☐ Smile at yourself in the mirror and remind yourself of your strength.
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# READY TO GO DEEPER?

You've scratched the surface... but if you're serious about ditching the self-doubt and building real, lasting confidence, I've got something for you.

The Confidence Reset is a step-by-step program designed to help you go from shrinking, second-guessing, and overthinking...to unshakable, unapologetic, and bold-as-hell... in just 21 days.

## Inside, you'll get:

- ✓ Daily confidence training (quick + powerful)
- ✓ Journal prompts that hit deeper
- ✓ Bold AF actions to actually live what you learn
- ✓ "Extra bold" options for when you're ready to go big

## Try it out for FREE.

You've got nothing to lose... except the version of you who keeps playing small.

Enroll Now