

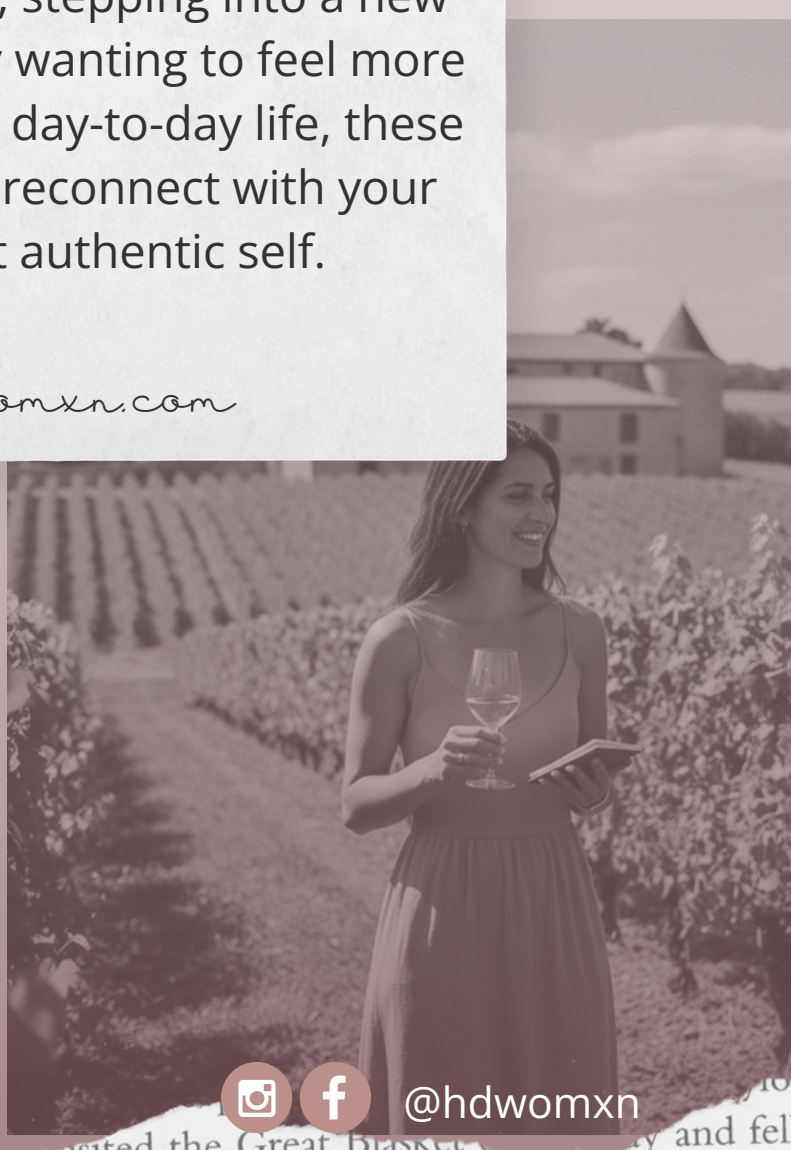


CONFIDENCE CHEAT SHEET

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.

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CONFIDENCE BOOST
Cheatsheet

This isn't about feeling confident.

It's about collecting proof that you can handle life.

Most women are stuck in the Confidence Trap:
"I'll speak up once I feel braver."
"I'll stop overthinking once I feel sure."
"I'll go for it once I feel ready."

But confidence doesn't show up before you act.
It shows up because you act.

Every tool in this guide is one you can use in real life, in real moments, when self-doubt hits.

These aren't "feel good" tricks.
They are tiny behaviours that teach your brain:

"See? I showed up. I can do this."

The more proof you collect, the more your brain rewires confidence as your new normal.



CONFIDENCE BOOST
Cheatsheet

We're not trying to do everything perfectly... this is about finding what works for you and having tools ready when self-doubt strikes.

Test them out: Try each tool at least once. Notice how your body and mind respond.

Pick your faves: Some will click instantly, others might not feel like your style... that's normal.

Add them to your toolbox: Keep your go-to tools handy (on your phone, sticky notes, journal). Confidence grows faster when you have practical shifts you can use in the moment.

Repeat often: The more you use them, the more your brain wires confidence as your new normal.



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.

CONFIDENCE BOOST *Tracker*

Tool	Tried It	Love it	Nah
Power Posing	○	○	○
Success Memory	○	○	○
Speak to Yourself	○	○	○
Micro-Steps	○	○	○
Compliment Someone	○	○	○
Use Affirmations	○	○	○
Celebrate Wins	○	○	○
Power Dressing	○	○	○
Play some bangers	○	○	○
Shake it OFF	○	○	○
Posture	○	○	○
Empowerment list	○	○	○
Smile	○	○	○
Past Wins	○	○	○
Gratitude	○	○	○
Ask for feedback	○	○	○
5 Second Rule	○	○	○
Dopamine Hit	○	○	○
Breathwork	○	○	○
Reset	○	○	○



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: You are practising taking up space with your body before your brain feels ready. This teaches your nervous system what “showing up” physically feels like.

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: You are interrupting the automatic self-attack and choosing a new response. This is you practising self-respect in real time.

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. This is how confidence is wired...through doing, not thinking.

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. Plus, You practise being seen instead of staying small and silent.

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. You are deciding how you show up before the world tells you who to be.

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: You are choosing action over rumination. Movement breaks the freeze response and teaches your brain you are not stuck.

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.s



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. You are practising openness instead of armour.

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: You are allowing yourself to be seen through someone else's eyes instead of your inner critic's.

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





The 5-Second Rule (Mel Robbins)

What It Is: A simple countdown trick that pushes you to act before doubt takes over.

Why It Works: Counting backwards interrupts overthinking and triggers your brain's "go" system. You act before doubt can talk you out of it. This is pure confidence wiring.

How to Use It: When hesitation hits, count 5-4-3-2-1 and move immediately... speak up, hit send, or take the first step.

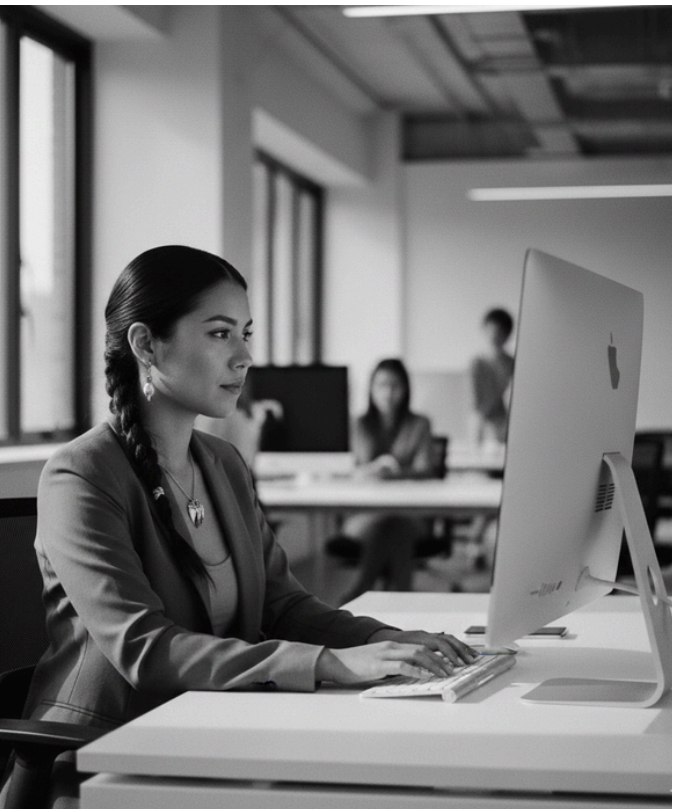


Dopamine Hit with Micro-Wins

What It Is: Breaking tasks into tiny, achievable steps.

Why It Works: Completing things gives your brain a dopamine reward, you create evidence that you follow through...even in tiny ways.

How to Use It: Pick the smallest step possible (open the doc, write one sentence, send one message). Celebrate it as a win.





State Shift with Breathwork

What It Is: A quick breathing technique known as the “physiological sigh.”

Why It Works: You learn how to calm your nervous system instead of being controlled by it.

How to Use It: Inhale, take a second quick sip of air, then slowly exhale. Repeat twice to feel centred.



The Confidence Reset (21-Day Program)

What It Is: A step-by-step program to go from self-doubt to unapologetic confidence in 21 days.

Why It Works: Daily trainings, prompts, and bold actions rewire your identity... not just your habits.

How to Use It: Sign up, log in, do the short daily practice, take one bold step, and watch your confidence compound..

Try it FREE...



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 or feeling 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 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.




BONUS
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THE CONFIDENCE TRAP

Here's something nobody tells you: confidence doesn't show up before you act... it shows up because you act.
Most women get caught in what I call The Confidence Trap:
"I'll speak up once I feel braver."
"I'll stop overthinking once I feel sure of myself."
"I'll go after my goals once I stop procrastinating."

But science shows us that it actually works the other way around. When you take action... even small, imperfect action ... your brain releases dopamine, the "reward" chemical that reinforces behaviour. This tells your nervous system:
"See? I can handle this."

Psychologists call this self-efficacy... the belief in your ability to succeed in specific situations. And self-efficacy only grows by doing the thing, not waiting until you feel ready.
Over time, these micro-actions literally rewire your brain to build new confidence pathways.

That's why waiting to feel confident is a trap. The longer you wait, the stronger your doubt circuits become.
The people you admire for their confidence... they're not fearless..they've just built the habit of acting first, and letting confidence catch up after.

The good news is... You just need small, doable shifts that prove to your brain that you can back yourself.

THE TRAP

Confidence doesn't show up before you act... it shows up because you act.

Waiting
You tell yourself: "I'll speak up/go for it once I feel ready."

Hesitation
The moment comes... and you freeze, holding back instead of acting.

Overthinking
Your brain jumps in with doubts and "what ifs," fuelling anxiety.

Missed Chance
You walk away, kicking yourself for not doing the thing.

Lower Confidence
Each missed chance reinforces the belief: "See? I can't do it."... which sends you back to waiting to feel confident.

PROOF-TO-POWER METHOD™

Confidence isn't built in your head... it's built in motion.

THE REFRAME
"I stop believing every thought."

Notice the doubt, question it, choose a new perspective.

MICRO-BRAVE ACT "
“I act before I feel ready."

Take the smallest brave step

THE PROOF LOOP
"I collect proof I can handle this."

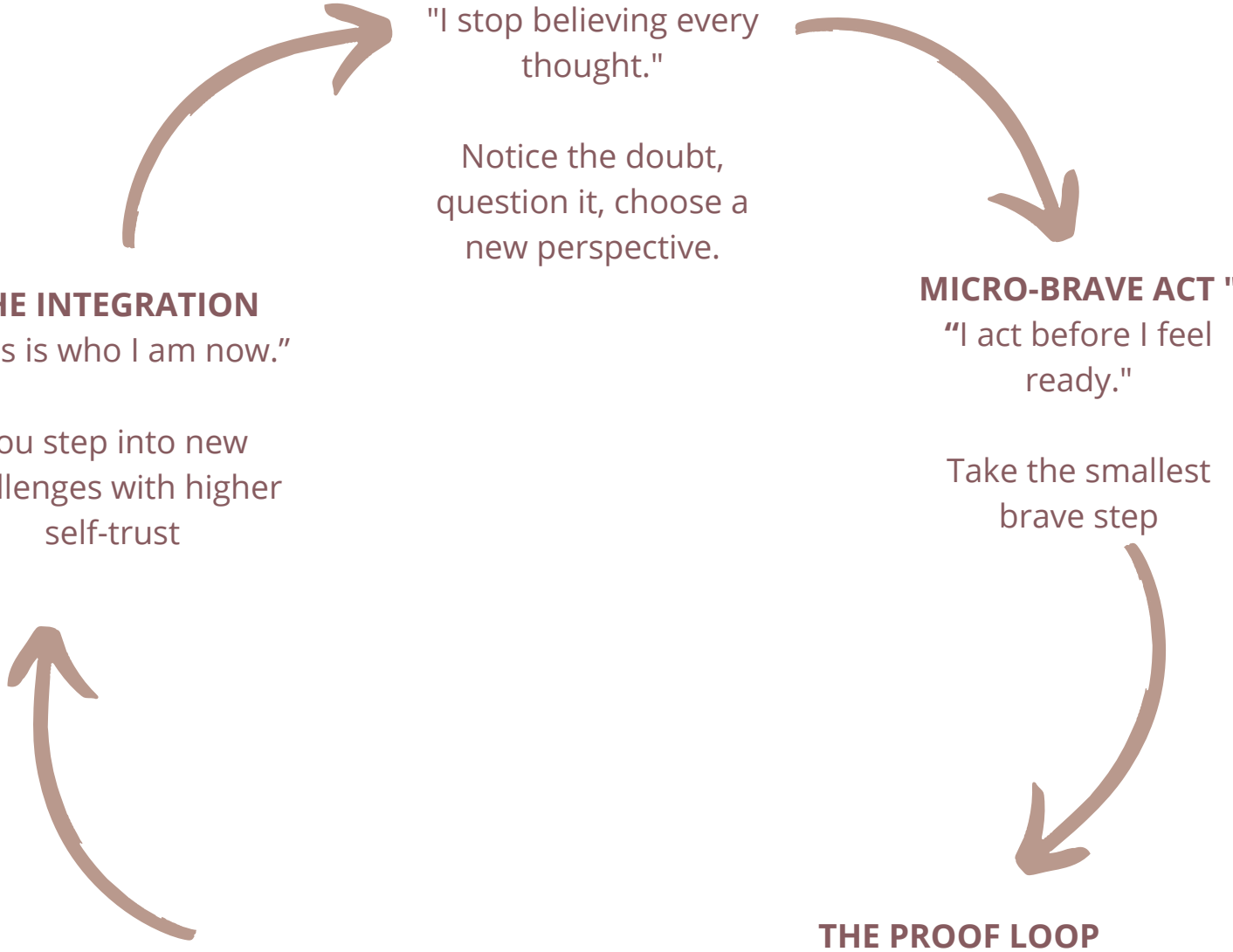
Document your wins...they become your new baseline.

COMPASSION COMPOUND
"Progress counts, even when it's messy."

Celebrate imperfect action...it's still proof you showed up.

THE INTEGRATION
“This is who I am now.”

You step into new challenges with higher self-trust



GET UNTRAPPED CONFIDENCE REFRAMES

These reframes help you shift from doubt to action.
Pick the one you need today.

1. Feeling "Too Much"

- Reframe: What if your energy is exactly what someone else needs today? Embody it!

2. Too Shy to Speak Up

- Reframe: Silence keeps you safe, but it also keeps you invisible.

3. Stuck in Overthinking & Procrastination

- Reframe: Confidence doesn't come from clarity first ... it comes from taking action first.

4. Battling Self-Image & Body Doubts

- Reframe: Respecting yourself grows confidence faster than criticising yourself.

5. Nervous in Groups / Low Self-Belief

- Reframe: You don't need to control how they see you... only how you show up.

YOUR CONFIDENCE ISN'T MISSING... IT'S WAITING FOR YOU TO MOVE

You already have everything you need to be confident. You don't need to fix yourself, master everything, or wait until you feel "ready."

What you need is proof. Real, lived proof that you can do hard things. That you can speak up, show up, and keep going even when it's uncomfortable.

And the only way to get that proof? Action.

Not perfect action. Not confident action. Just brave, messy, imperfect action that shows your brain:
"See? I did it. I can do it again."

So stop waiting for permission. Stop waiting to feel ready. Your boldest, most authentic self isn't something you become someday... she's someone you choose to be right now.

The confidence you want is on the other side of action.

So let's go get it. I believe in you!

Your move.

Cindy xx



READY TO GO DEEPER?

What if you stopped trying to fix yourself... and started giving yourself the tools you were never given?

That's why I built The Reclaim Vault.

It's a growing library of tools to help you navigate whatever chapter you're in:
✨ Confidence courses
✨ Purpose + life-design tools
✨ Workbooks + exercises
✨ Planners
✨ And more, added regularly

Because personal growth isn't linear.

You don't need another programme you finish and forget! You need a toolkit you can return to whenever life changes.

One place. Every chapter. Yours forever.

Grab it now at the beta price (€47)