

# 5 MINI HABITS THAT BUILD BIG CONFIDENCE



Tiny Wins. Real Growth. No Waiting.



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# WELCOME

**Confidence** doesn't require huge achievements—it grows from **tiny** actions you take every day. This guide gives you 5 laser-focused mini habits to help you show up, speak up, and stand tall—starting now.

No fluff. Just small, powerful moves that train your brain to believe in yourself.



# HABIT #1: THE POWER STANCE RITUAL

## WHAT TO DO:

Stand tall, feet grounded, shoulders back, chin lifted. Hold for 30 seconds.

## WHY IT WORKS:

This posture physically triggers confidence chemicals like testosterone and reduces cortisol. You feel powerful because your body leads the mind.

## TRY IT:

Do this before a meeting, video call, or when you're second-guessing yourself.



# HABIT #2: THE BRAVE STEP LOG

## WHAT TO DO:

Each evening, write one thing you did that took courage  
—no matter how small.

## EXAMPLES:

- ✓ Asked a question
- ✓ Said “no” to something draining
- ✓ Took a risk on a new idea

## TRY IT:

You stop seeing confidence as an outcome, and start  
building it as a skill.



# HABIT #3: SPEAK ONE BOLD SENTENCE

## WHAT TO DO:

Say one confident thing aloud each day.  
Even if you don't feel it—speak it anyway.

## EXAMPLES:

- ✓ "I'm capable of figuring things out."
- ✓ "I belong here."
- ✓ "I trust myself."

## TRY IT:

Your brain believes what you repeat. Speaking builds  
identity.



# HABIT #4: CAPTURE A CONFIDENCE MOMENT

## WHAT TO DO:

Take one photo each day where you're showing up  
boldly.

Smile. Stand tall. Capture that moment.

## WHY IT WORKS:

You create a visual feedback loop. Seeing yourself  
confident helps you be confident.



# HABIT #5: ONE PROMISE KEPT

## WHAT TO DO:

Each morning, set one small promise to yourself—and follow through.

Could be: drink water, send an email, walk 10 minutes.

## WHY IT WORKS:

Nothing builds trust like **keeping your word to yourself.**

Confidence grows when you know you can count on you.



# FINAL NOTE

Big confidence starts small.

These habits don't require more time—just more intention.

Every time you follow through, you're voting for a version of you that's bold, capable, and grounded.

Start where you are. Use what you have. Build who you want to be—one mini habit at a time.

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