

# Confidence MINI HABITS GUIDE

Tiny Daily Wins to Reset Your  
Mindset and Build Self-Belief



**REE BEST HELP**

# WELCOME TO YOUR CONFIDENCE RESET

You don't need big leaps to change your life — just small wins that stack up daily. This guide is your quick-start toolkit to boost confidence, one mini habit at a time. Let's get started with actions you can take right now to shift your mindset and reclaim your self-belief.

[hello@reebesthelp.com](mailto:hello@reebesthelp.com)

[www.reebesthelp.com](http://www.reebesthelp.com)





# 5 MICRO-HABITS TO BUILD SELF- BELIEF

Make your way through each section, and tick the checkbox for each statement once the task has been completed.

## POWER POSTURE

Stand tall for 30 seconds

## MICRO-WIN LIST

Write one thing you did well today

## MIRROR MANTRA

Say one kind thing to yourself in the mirror

## GRATITUDE PING

Send a quick thank-you to someone

## ACTION OVER FEAR

Take one small step toward something you've avoided

# STACK CONFIDENCE HABITS INTO YOUR DAY

Pair your mini habits with routines you already follow.

 Morning Example: After brushing teeth → say 1 mirror mantra


---

---

 Midday: After making coffee → stand tall for 30 seconds

---

---

 Evening: Before bed → write down a micro-win

---

---

*Small actions + consistency = momentum*

GOAL

TO DO LIST

- 
- 
- 
- 
- 
- 
- 

- 
- 
- 
- 
- 
- 
-

# 7-DAY CONFIDENCE HABIT TRACKER

## Checklist

Habit →	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Power Posture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mirror Mantra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Micro-Win List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

01. Task One



# KEEP THE MOMENTUM GOING

*Confidence grows with action – and  
you've started strong.*

📁 Want more? Download our Morning Power Prompts for daily  
inspiration and momentum.

→ [Visit reebesthelp.com/morning](https://reebesthelp.com/morning)

→ Follow @reebesthelp on Facebook, Instagram & Pinterest

The future belongs to those who show up daily – one tiny win at a time.