



The Genesis Woman

# RECLAIMING CONFIDENCE

## How to reclaim your confidence

Reclaiming your confidence has 3 steps:

1. Remember- Confidence is about trust. Trust in yourself and trust in God.
2. Remodel - Learn new habits to reinforce trusting yourself and God
3. Rule - Apply what you have learned to your life

## Step 1: Remember

Use affirmations to relearn and remember the truth

- "I am made in the image of God"
- "I carry the Spirit of Christ in me."
- "God cannot lie."
- "I will honor the Spirit of God in me by keeping promises to myself and others."
- "I am trustworthy. My yes means yes and my no means no."
- "I am empowered by the Holy Spirit to keep my promises."

Recite these affirmations to yourself everyday day for 21 days

Extra Credit - Write your own affirmations and recite them daily.

## Step 2: Remodel

Make three promises to yourself that you will actively work on to boost your confidence. These should be specific, measurable, achievable, relevant, and time-bound (SMART) goals. Track your progress using the tracker.

Examples:

- "I promise to speak up in **one** meeting this week, even if I'm nervous."
- "I promise to exercise at least 30 minutes, 3 days this week."

- “I promise to eat a piece of fruit every day for 5 days this week.”

Your Promises:

- 1.
- 2.
- 3.

Building confidence takes time and consistent effort. Use this tracker to monitor your progress over the next 21 days. Each day, identify one small action you took to boost your confidence, and write it down. This could be anything from practicing your affirmations to stepping outside your comfort zone.

**Instructions:**

- Each day, complete the 'Action Taken' column.
- Reflect on how the action made you feel and rate your confidence level for that day on a scale of 1-5 (1 = Not Confident, 5 = Very Confident).
- At the end of the 21 days, review your tracker and celebrate your accomplishments!

<b>Day</b>	<b>Action Taken</b>	<b>Confidence Level (1-5)</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		

## Step 3: Rule

Congratulations on taking the first step towards reclaiming your confidence! Keep practicing keeping promises to yourself and others. Remember to be patient with yourself and celebrate the small wins. Confidence is a journey, not a destination. Remember you carry the Spirit of God within you. You are already amazing, capable, loved, and worthy of all good things.

Consider these additional resources:

- [21 Day Mindset Reset Challenge](#)
- [Remember Me: Reclaiming Your Identity in Christ](#)
- [Get one on one coaching](#)

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