



# Your quiet confidence cheat sheet

# BELONGING

# REMINDERS

Use this when you feel off-centre, overlooked, or unsure — especially in social spaces where you feel unseen. Let it gently re-anchor you.



## Body Truths

- My feet are on the ground.
- My breath is mine.
- I don't need to perform to belong.



## Thought Reminders

- I can trust myself to read the moment.
- Awkwardness is not failure — it's honesty in motion.
- I don't need to match their rhythm to have value.



## Emotional Anchors

- Quiet is strength.
- Depth is presence.
- Waiting for a real connection is grace.



## Micro Actions *(just pick one)*

- Find one texture near you and notice how it feels.
- Speak one word you mean — even if no one responds.
- Stay still for 20 seconds and just notice: I'm here.

# SIGNS MUM NEEDS A HEART BUDDY

## CLUES YOU MIGHT NOTICE



Quieter or slower than usual



she's forgetting things,

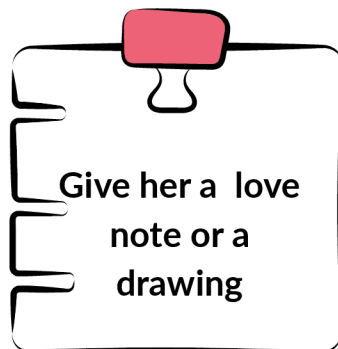


Sighs or says she's just tired...

It doesn't mean you did anything wrong. It means she's having a big feeling, and you can help just by being nearby if she needs you..

**1 QUESTION TO ASK** "Do you want a heart buddy right now, or just to be left alone?"

**BEING A HEART BUDDY**



Say 1 thing you love about her



Give her a cuddle

