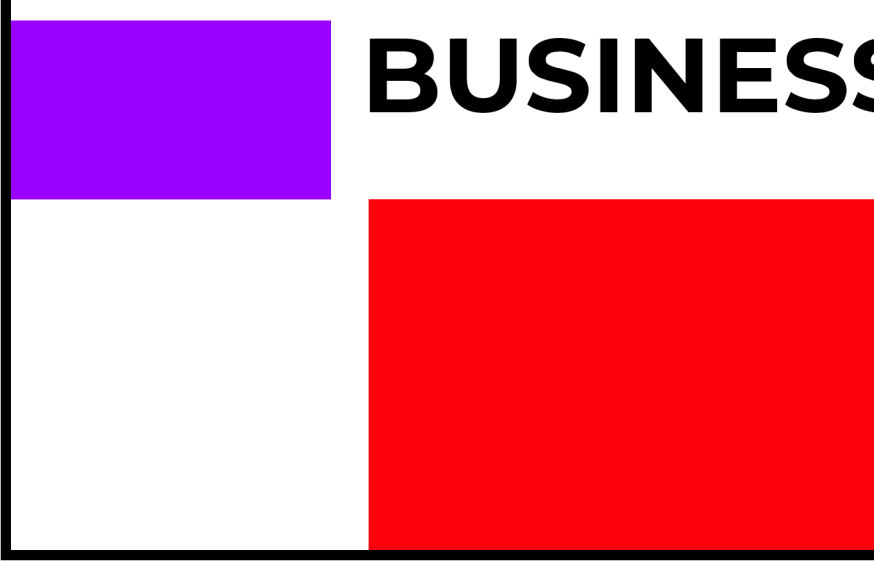




7- DAY CONFIDENCE ACTIVATION GUIDE



**FOR WOMEN
STARTING OR
RESTARTING IN
BUSINESS**

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United Kingdom**

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INTRO

7-Day Confidence Activation Guide

A simple daily reset to help you:

THINK

ACT

SHOW UP

like a confident businesswoman

INTRO

WELCOME

This 7-day guide is designed to help you reconnect with your confidence, rebuild self-trust, and start showing up in your business with clarity and direction.

You don't need to have everything figured out.

You don't need to feel ready.

You just need to begin showing up differently — one day at a time.

Each day takes less than 10 minutes.

Small shifts. Big identity change.

Let's begin.

DAY 1 – I DECIDE TO SHOW UP

Focus: Commitment over confidence

Today is not about feeling ready.

It is about deciding that you are someone who shows up for her goals.

Prompt:

Where in my business have I been waiting for confidence instead of building it through action?

Action:

Do one small business action today (send message, post, research, plan, or create).

Affirmation:

"I do not wait for confidence. I build it through action."

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DAY 2 – I SPEAK TO MYSELF LIKE A BUSINESSWOMAN

Focus: Inner dialogue

Your self-talk is shaping your results.

Prompt:

What do I say to myself when I doubt my ability?

Rewrite:

Turn that sentence into support instead of criticism.

Example:

“I’m not good at this” → “I am learning as I go and improving daily”

Affirmation:

“I speak to myself with respect, patience, and belief.”



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DAY 3 – I TRUST MY DIRECTION

Focus: Self-trust

You do not need perfect clarity. You need trust in your ability to figure things out.

Prompt:

Where am I overthinking instead of moving?

Action:

Make one decision without over-researching it.

Affirmation:

"I trust my ability to figure things out as I go."

DAY 4 – I RELEASE COMPARISON

Focus: Focus

Comparison disconnects you from your own path.

Prompt:

Who am I comparing myself to, and what is it distracting me from doing?

Action:

Unfollow, mute, or limit one comparison trigger.

Affirmation:

“I stay focused on my own lane and my own timing.”

DAY 5 – I ACT BEFORE I FEEL READY

Focus: Courage

Waiting to feel ready delays everything.

Prompt:

What have I been delaying until I “feel ready”?

Action:

Take one imperfect action today.

Affirmation:

“I move before I feel ready. Action creates readiness.”

DAY 6 – I AM ALLOWED TO BE A BEGINNER

Focus: Permission

You do not need to prove anything. You are allowed to learn.

Prompt:

Where am I expecting perfection instead of progress?

Reframe:

Beginner = builder, not failure

Affirmation:

"I give myself permission to be in the learning phase."

DAY 7 – I STEP INTO MY BUSINESS IDENTITY

Focus: Identity shift

You are not “trying to start a business.”

You are becoming a businesswoman.

Prompt:

What does a confident businesswoman do daily?

Action:

Choose 3 habits to continue beyond this week.

Affirmation:

“I am becoming the woman who succeeds in business.”



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CLOSING PAGE

You do not need to rush your growth.

You need consistency, self-trust, and daily alignment.

Return to this guide whenever doubt shows up.

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