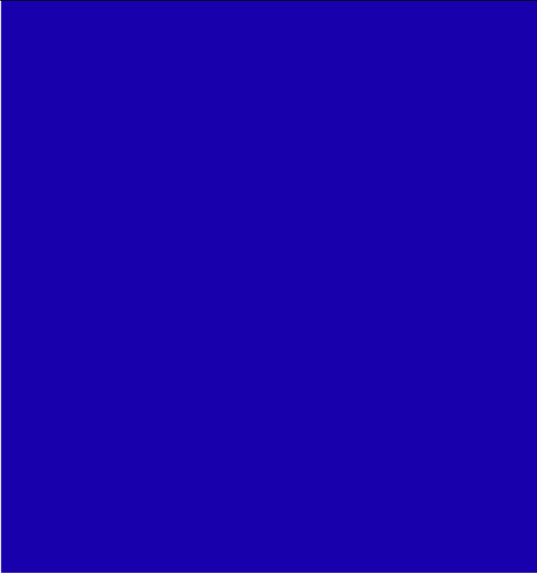




TRUST YOUR DIRECTION



BUSINESS CONFIDENCE WORKBOOK

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INTRO

**You do not need more permission.
You need movement.**

**Small consistent actions build
confidence faster than overthinking
ever will.**

This workbook is
designed to help you
stop hesitating and
start acting

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CONFIDENCE RESET

What have I been avoiding because of fear?

- **What idea keeps returning?**
- **What would I do if I trusted myself more?**
- **What am I overthinking right now?**
- **What small action would move me forward today?**

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YOUR NEXT LEVEL

The business I want to build

- **What do I want freedom from?**
- **What kind of business suits me?**
- **What do I want my life to feel like?**
- **What strengths do I already have?**

MINDSET SHIFT



I need to know everything

I learn by doing



It must be perfect

Done creates momentum



I need confidence first

Action builds confidence



I missed my chance

I can start from where I am



Others are ahead of me

My path is different



I need a perfect plan

I need a starting point



I am too late

People start successfully every day



I cannot do everything

I only need the next step



I need approval

I can trust my own direction



ACTION PLANNING

Small actions create momentum

- **One goal this week**
- **Three actions**
- **One thing to stop delaying**
- **Reward after completion**

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SELF-DOUBT INTERRUPTER

When fear shows up

- **What am I actually afraid of?**
- **Is this fact or assumption?**
- **What evidence do I already have that I can do hard things?**
- **What would confident me do next?**

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WEEKLY REFLECTION

- **What did I complete?**
- **What felt difficult?**
- **What did I learn?**
- **What am I proud of?**
- **What will I improve next week?**

FINAL PAGE

**Confidence is not something you wait for.
It is something you build through action.
Keep moving.**



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