



# Your Confidence Tracker

Name your desire here:

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Day 1

Day 2

Day 3

Day 4

Day 5

GROUNDING BREATH

☐☐☐☐☐

"BECOMING YOU" AUDIO

☐☐☐☐☐

DAILY STEP/ACTION

☐☐☐☐☐

SELF  
REFLECTIONS/JOURNAL

☐☐☐☐☐

CELEBRATE

☐☐☐☐☐

LOVE LETTER TO  
YOURSELF

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RE-WRITE YOUR  
STORY

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