



# THE CONFIDENCE PATHWAY

*Confidence comes with every small step you take  
& the wins you celebrate.*

*Let this be the moment you stop doubting and start becoming.*



Deborah Green   
Clarity & Confidence Coach for Becoming You



# THE CONFIDENCE PATHWAY

*You're closer than you think to becoming  
the person you once only dreamed of being.*

## ***The Confidence Pathway Includes:***

- ♡ The Grounded Breath Audio
- ♡ The “Becoming You” Visualisation Audio
- ♡ Evoke Confidence Affirmations Audio
- ♡ The Confidence Pathway Daily Ritual & Workbook/Tools
- ♡ 5 Day Ritual Tracker
- ♡ Bonus “pep talk” audio



**Deborah Green** ♡

Clarity & Confidence Coach for Becoming You

# WELCOME

I'm so happy you're here & ready to begin this confidence pathway .

There are so many examples from my life that I could share with you about building confidence but this is the most recent...

So... I moved across the world, with my family (& dog) & had to find a way of pretty much beginning again, working as a coach, meditation & yoga teacher after over a 2 decade career in the uk. However, one thing I hadn't even considered was driving on the other side of the road.

*It really really scared me!!*

Even after driving in the uk for nearly 30 years, the huge roads, feeling disoriented by the traffic knocked my confidence so much I stopped driving completely. It took nearly 6 months for me to get behind the wheel & take small drives continuously until I slowly regained my confidence .

It took steps, small steps. It meant repeating those steps until the ball of nerves in my stomach settled. It took grounding breaths & quiet affirmations. And finally I got there - I'm still not amazing around cities (ok, I avoid them) but I went from zero (convincing myself that I'd Uber for life) to enjoying the freedom of traveling again.

We all have areas that shake us, at different times of our lives.. But I promise, you will get to where you need to be. It just takes small steps, awareness & your willingness to take the steps. No crazy leaps. Blend together, comforting breathing techniques to ground you, some reflections, reminders and you **will develop & build your confidence.**

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So, why are you here?

What area of your life is being affected by a lack of confidence?

Are you truly ready to take the steps?

**Get your notebook/journal & write freely & answer the questions on page 7.**

The clarity you find from your answers is the first step.

Get the inner critic, the ruminating thoughts out of your head & onto paper then let's re-write that story together.



# How this works

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This guide is designed to meet you where you are - it's gentle but has momentum. Each day, you'll follow a **short 15-minute** practice to help you build confidence from the inside out. Remember, it's not about forcing change or pretending to be someone you're not - it's about learning to trust yourself, one small step at a time.

## Daily Ritual

### **Begin with the breath - just a 5 minute practice (morning)**

You'll start with a grounding breathing technique to bring you into the present moment, helping to calm the nervous system. Your breath is always your most powerful ally.

### **Visualize the confident you - just a 5 minute practice (morning)**

You'll be invited to imagine what it feels like to stand in your confidence, to feel the confident you NOW, and choose from that grounded version of yourself.

### **Then choose one small step (morning)**

You'll identify a single, doable action that moves you toward your goal or helps you practice being more confident - even if it's tiny.

### **Reflect & journal (evening)**

You'll answer a simple daily prompt or question to explore what confidence looks like in your real life. This helps bring clarity and insight.

### **Celebrate your wins (evening)**

Each day, you'll be encouraged to notice something you did well, however small & acknowledge it.

This rewires your mind to notice progress and embody confidence.



# Pep Talk on Feeling Ready.

One of the most common myths around confidence is the idea that we must somehow “*feel ready*” before we begin.

We’ve all said it, “I’m starting on Monday/or when/ or I’m building my courage then I will do xyz”

We believe that we’ll wake up with a sense of total certainty. That fear will fall away, clarity will click, and we’ll move forward free from doubt.

But the truth is, readiness isn’t a feeling - it’s a choice & a step.

Waiting until you feel ready often means waiting forever. Because the nature of anything meaningful, anything that stretches or grows us, is that it will come with discomfort. Our minds are wired to seek safety, not expansion. So when you stand at the edge of something new , a decision, a dream, a bold step, **it’s normal** for your nervous system to hesitate, for your inner critic to rise, for doubt to whisper.

Confidence is built by action.

Every time you act before you feel ready , you’re teaching yourself something powerful:

*“I can do this, even when it’s messy. Even when I don’t have all the answers. Even when I’m afraid.”*

**Taking action when you’re uncertain is what will grow your self-trust. And self-trust is the foundation of real confidence.**

**Be willing to begin. Be willing to be seen. Be willing to make mistakes.**

**You don’t need to be ready.**

**You just need to be willing.**



# A Pep Talk on Perfectionism

Before you move forward, let's name something that might try to hold you back:  
Perfectionism.

It's so, so sneaky.

It often shows up as high standards or "just wanting to get it right."

But underneath?

99% of the time, it's fear. Fear of not being enough. Fear of getting it wrong. Fear of being seen before you feel ready.

And here's the thing: Confidence can't grow in perfection's shadow.

Perfectionist tendencies will keep you exactly where you are...forever.

Your confidence will be built through doing, through the steps, through showing up, not through waiting until everything feels flawless.

So... if you hear the voice that says:

"Who are you to do this?"

"It needs to be better."

"You're not ready."

Gently notice it... and choose to move anyway.

Just need to be willing to follow the ritual's & steps offered here.

Progress over perfection.

Becoming over proving.

This is your new way forward.

Confidence grows here.

**Ok...let's do this.**

**Grab your notebook & journal & answer the questions on the following page & let's gain some clarity first.**





# Day 1

Answer the following questions  
Write it all down, explore it all.

**Where Are You Seeking Confidence?**

**In what areas of your life do you feel you're holding back - not because of ability, but because of self-doubt?**

Think relationships, career, creativity, being seen. speaking up, decision-making...

**What would be different in your life if you felt deeply confident in yourself your voice, your worth, your choices, what you wear?**

**Where do you notice a quiet (or loud) inner critic getting in the way of taking action?**

**Is there a pattern to when it shows up - certain people, places, or situations?**

**What dreams, goals, or changes have you delayed because you didn't feel 'ready' or 'good enough'?**

**How has this impacted your growth, fulfilment, or joy?**

**What might become possible for you if you chose to build confidence as a skill - rather than waiting to feel it perfectly?**

**Who might you become?**



# Step 1 - Clarity

**Reminder - Confidence is a practice, *not* a personality trait.**

## Clarity

Now you have answered the above questions - do you feel you have some clarity?

What's your goal or desire ?

Name it. Write it out.

*For example, for me, it was obvious - it was to feel confident driving again.*

*My desire was to simply be able to drive myself to a coffee shop with confidence.*



Name your goal/desire here.





## Step 2 - a small step/action

Let's identify your tiny step.

What's one step you could take that would move you just 1% closer to your goal or your more confident self?

Keep it tiny.

Eg mine was to simply sit in the car, to get used to the steering wheel being on the other side of the car.

\*If you are feeling stuck - see the following page for examples of low-stake steps.

Name your step here.



# Examples of micro-actions

## **Confidence in expressing yourself:**

- Write one honest sentence in your journal that you're afraid to say out loud.
- Share your opinion in a conversation without softening it with "sorry" or "just."
- Practice saying something true, aloud, to yourself in the mirror.
- Decline an invitation without cushioning it with a made-up excuse.

## **Confidence in visibility:**

- Change your profile picture to one that actually feels like you.
- Post something you've been sitting on, even if only shared with a trusted friend.
- Speak one sentence aloud about what you're working on, even just to yourself.
- Comment thoughtfully on someone else's post or contribution & allow your voice to be part of the conversation.
- Choose something to wear that reflects your personality.



## **Confidence in creativity & self expression**

- Make one low-stake decision quickly - what to eat, what to wear.
- Share a small piece of your work with one trusted person even if it feels unfinished or imperfect & DO NOT diminish it in any way.
- Spend 10 minutes creating without any goal or judgment - just allow yourself to play or experiment.

## **Confidence in starting something new:**

- Write down the first step - without committing to doing it yet.
- Is that, simply reading about a course you'd like to take? A hobby?
- Tell one trusted person that you're thinking about starting xyz.
- Book an informal chat with whoever runs the course/program or activity.
- Spend time in a space (physical or digital) where others are doing similar things, let yourself soak in their momentum.



# The Confidence Pathway

Set aside just **15 mins** for the following morning practice.

Repeat the following 3 steps.

1. Breathe
2. Visualize
3. Name your small step.

The evenings will be about, reflecting & celebrating.

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## Morning

**Listen & practice** to The Grounding Breath audio. (5 mins)

**Listen & visualise** to the “Future Self” audio. (5 mins)

**Action** - Choose a very small step that supports your confidence today.

\*Before you actually take the step, if it's much later in the day for example, remind yourself of your desire/goal & practice the grounding breathing practice to sooth yourself & then you take your step from a grounded place.

## Evening

### **Journal Prompt**

- What would I say to a younger version of me?
- What would my future self thank me for doing?

### **Celebrate your win/step**

(see the following page for examples )



## Celebrating/Acknowledging your small steps is crucial to your momentum

- Say “out loud” to yourself, what you did & how you feel.
- Write it in your journal & how you feel.
- Name what felt different about doing it “I didn’t wait until it felt perfect.”
- Pause and take three slow, proud breaths & simply smile & acknowledge this day.
- Put on your favorite music and move/dance/stretch.
- Make a warm drink and savor it without multitasking.
- Choose an object (stone, shell, bead) and add it to a ‘progress jar.’
- Give yourself 10–15 minutes to do something purely enjoyable , a book, a walk, a podcast.
- Send a message to someone you trust and say: “I did the thing.”
- Treat yourself to something simple but special, a new candle, a pretty notebook.
- Take a picture of your progress and save it.
- Watch or listen to something that inspires or uplifts you.
- Write yourself a tiny thank-you note.
- Add the date and action to a visual timeline or project map.
- Create a private “done” list (not just a to-do list).
- Record a short voice note reflecting on how you feel.



## Day 2

**Morning** 1. Breathe  
2. Visualize  
3. Name your step

**Action** - Choose a very small step that supports your confidence today.

\* reminder to practice the grounding breathing practice to sooth yourself & then you take your step from a grounded place.

### **Evening**

#### **Compassionate questions**

- What are the voices in my head saying?
- Whose voice is that really?
- What would support sound like?

**Celebrate your win!!!**





## Day 2

### A another tiny step or repeat again?

This path is yours & everyone will have a unique experience. I really encourage you to check in with yourself & ask if you feel ready to take another micro step or... would you benefit more by **repeating** your chosen step?

For example. repetition helped me A LOT. I would go for the easiest of drives & repeat them until the nerves in my belly loosened their grip. This helped me immensely until I felt calm enough to drive somewhere different.



Name your tiny step for Day 2



## Day 3

- Morning**
1. Breathe
  2. Visualize
  3. Name your step

**Action** - Choose a very small step that supports your confidence today.


\* reminder to practice the grounding breathing practice to sooth yourself & then you take your step from a grounded place.

### Evening

**Compassionate questions & write the love letter to yourself.**

(see page 17)

- What am I discovering about myself?
- What feels possible?

**Celebrate your win!!!** 





## Day 3



Name your tiny step for Day 3

### Affirmation

*“I can hold uncertainty AND  
courage & still move forwards”*



## Day 3



### Write a love letter... to yourself

*We do this to draw on the power of self compassion, to quieten the inner critic & to evoke our most loving self*

*Here's an example.*

Dearest Deborah,

I know you've struggled, felt so nervous & been so hard on yourself & even felt embarrassed but it's ok. I know you are tired of hiding & I want you to remember that I am your unwavering & unshakeable cheer leader. It's time, to keep stepping fowards.

Deb, remember, your brain simply wants you to stay in the familiar.

Where it thinks it's safe. Let's do this. I love you ,you frickin rock star (a rock star who likes to be in bed early) .

I love you.

Affirmation



"I speak to myself as I would to someone I love."



## Day 4

You are into Day 4 & are building a beautiful daily ritual & finding momentum in the steps you consistently take.

### Morning

1. Breathe
2. Visualize
3. Name your step

Action - Choose a step that supports your path today.

\* reminder to practice the grounding breathing practice to sooth yourself & then you take your step from a grounded place.

### Evening

#### Reflections & re-writing your story

(see page 20)

- What's one story I've told myself about confidence that no longer feels helpful?
- What's the cost of continuing to believe this story?
- If I could write a new story about myself, what would I want it to sound like?

**Celebrate your win!!!**





## Day 4

 Name your tiny step for Day 4

### Affirmation

*“I don’t need all of the answers to take my step  
& move to where & who I want to be”*



## Day 4

### Re-write your story

*The stories we tell ourselves shape what we believe is possible. When we release the old scripts, the ones written in fear, doubt, or someone else's voice, we make room to author a new chapter, one rooted in self-trust, clarity, and courage.*

#### **Ask /Write/Journal**

What do I believe about myself in this area (e.g. visibility, speaking up, being worthy)?

Whose voice does this sound like? Is it mine, or something I picked up along the way?

#### **Gently challenge the story by asking:**

Is this always true? Has there ever been a time I acted differently?

What does this belief protect me from? What might it be costing me?

#### **Notice small moments of contradiction:**

When did I try, even though I was scared?

When did someone respond positively to my voice, work, or presence?

#### **Rewrite the story in your own words with grounded truth.**

"I don't have to be perfect to be visible."

"My internal validation is the only validation that matters"



## Day 5

The ritual & repetition is re-wiring your brain.  
You are replacing limiting past stories with a more confident you.  
This is life-changing. Your life IS changing

You *know* this ritual now.

### Morning

Breathe 5 mins

Visualise 5 mins

Decide on your next small step

**Action** - Choose a very small step that supports your confidence today.

\* reminder to practice the grounding breathing practice to sooth yourself & then you take your step from a grounded place.

### Evening

#### *Self Enquiry*

- How does this “more confident you” feel? Inspired, energised?
- What have you gained? Self-trust, Self-reliance fearless?
- What else feels possible?

**Celebrate YOU**



## Day 5



**Name your tiny step for Day 5**

**Affirmation**

*“I feel & embody the energy of  
confidence”*





## What Now?


As you come to the end of this course, I hope you feel the quiet strength that grows from within when you begin to trust yourself, one step, one breath, one small act at a time.

This pathway isn't about arriving at some perfect version of confidence, it's about your presence & willingness to be vulnerable, to evoke self-compassion, and courage in the moments that matter. I encourage you to continue with the daily ritual we explored. Let it become a grounding rhythm in your day, a place you return to that reminds you of who you are becoming.

If you feel called to explore more deeply, whether it's gently untangling limiting beliefs, navigating a season of "starting over," or simply wanting support as you move forward, I'm here. I offer one-to-one coaching for those ready to walk a little further, with guidance that meets you where you are.

You'll also find other resources and offerings on my website that might support your next steps.

With warmth and belief in your journey,

Deborah 

*“I embody the energy of confidence”*