



How this works

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.



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.

Name your step here.



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.

Morning

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

Listen & visualise to the “Becoming You ”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



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.

- 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 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

- 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 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”*