Build Confidence

7 Days to Strengthen Your Self-Trust

Choose one small action and practice it for seven days.
Focus on showing up, not on doing it perfectly.

5 MIN / DAY

1 **Where would I like to trust myself more?**

2 **What would a small win look like in this area?**

3 **What action could I do in five minutes or less?**

4 **When and where will I practice this each day?**

5 **How can I make it easy to restart after a missed day?**

MY SMALL DAILY ACTION

MY PLAN FOR BUSY DAYS

Self-trust grows through practice, not perfection.

Track the Small Wins

Seven Days of Showing Up

Use the action you chose on page 1. Tick a box when you try.
Missed a day? Simply begin again the next day.

PROGRESS, NOT PERFECTION

1	DAY 1	☐ I tried	DATE: _____	ONE THING I NOTICED:
2	DAY 2	☐ I tried	DATE: _____	ONE THING I NOTICED:
3	DAY 3	☐ I tried	DATE: _____	ONE THING I NOTICED:
4	DAY 4	☐ I tried	DATE: _____	ONE THING I NOTICED:
5	DAY 5	☐ I tried	DATE: _____	ONE THING I NOTICED:
6	DAY 6	☐ I tried	DATE: _____	ONE THING I NOTICED:
7	DAY 7	☐ I tried	DATE: _____	ONE THING I NOTICED:

WHAT I LEARNED THIS WEEK

ONE ACTION I WILL KEEP

Small wins still count when no one else sees them.