



## **Week 1: Understanding Your Self-Doubt**

**Day 1:** What does confidence mean to me?

**Day 2:** When do I feel most confident?

**Day 3:** When do I feel the least confident?

**Day 4:** What negative thoughts do I often have about myself?

**Day 5:** Where do these beliefs come from?

**Day 6:** What situations make me doubt myself?

**Day 7:** What would I do if I trusted myself more?

## **Week 2: Letting Go of What's Holding You Back**

**Day 8:** What am I holding onto that hurts my confidence?

**Day 9:** Who or what has influenced how I see myself?

**Day 10:** What would I say to my younger self about confidence?

**Day 11:** What mistakes am I still judging myself for?

**Day 12:** What does forgiveness look like for me?

**Day 13:** What habits or thoughts do I need to let go of?

**Day 14:** What would it feel like to stop being so hard on myself?

## **Week 3: Building Real Confidence**

**Day 15:** What are my strengths?

**Day 16:** What have I overcome that I am proud of?

**Day 17:** What compliments do I struggle to accept?

**Day 18:** What makes me unique?

**Day 19:** What fears are holding me back right now?

**Day 20:** What would I do if I believed in myself more?

**Day 21:** What does real confidence look like in my life?

## **Week 4: Showing Up Confidently in Your Life**

**Day 22:** How can I take better care of myself daily?

**Day 23:** What boundaries do I need to set?

**Day 24:** What brings me genuine joy?

**Day 25:** How can I prioritize myself without guilt?

**Day 26:** What does my ideal day look like?

**Day 27:** How do I want to feel when I walk into a room?

**Day 28:** What small action can I take today to build confidence?

**Day 29:** How has my mindset shifted over the past 30 days?

**Day 30:** What have I learned about myself through this journey?