

# Confidence Boost Mini Guide

This mini guide is your pocket-sized cheerleader for those moments when self-doubt creeps in and you're in need of a quick pick-me-up.

## 1. THREE QUICK WAYS TO SILENCE SELF-DOUBT

### 1. Say it out loud.

Seriously, call it out. Say, *"That's my inner critic talking, not me!"* Name the voice, take the power back, and reframe it.

- The inner critic says: *"You're not good enough for this."*
- You say: *"Actually, I've worked hard to be here, and I deserve this."*

### 2. Flip the anxious script

- Turn a *"What if I fail?"* ➡️ ◯ ◯ ➡️ Into *"What if I rock?"* And ask your body: *"Body, what would it feel like if I succeeded? Where can I feel it? Does it have a colour, a texture, a form, a smell ...?"*

### 3. Create a confidence playlist.

Pick 3-5 songs that make you feel like you own the world. Hit play, crank it up, and let Beyoncé-level vibes drown out the doubt.

## 2. ONE DAILY AFFIRMATION FOR INSTANT CONFIDENCE

Write this down on a sticky note, in your journal, or (what I like to do), on your bathroom mirror:

**"I am amazing, worthy, and unstoppable.  
Every step I take is a step toward my best self."**

Try saying it out loud, especially on days when doubt feels louder than usual..

Bonus points for striking a **superhero pose** while you do it (or any other pose that feels empowering for you): trust me, it works! ➡️ ◯ ◯ ➡️

If this feels awkward or silly, that's okay. Curiosity is enough 😊

Be gentle with yourself & your body in case this feels triggering. Babysteps.

## 3. MINI-WIN TRACKER: CELEBRATE THE LITTLE THINGS

Small wins are the building blocks of big confidence. Here's a simple way to track them:

**Today's Wins:**

---

---

---

Keep this tracker handy and fill it out whenever you need an extra boost of confidence. Seeing your wins in black and white is a reminder of **how amazing you truly are.**

I cheer you on from the sideline! Loads of love,

Nadine xxx

