

CHECKLIST

Confidence

Build Daily Confidence from the Inside Out

How to use this checklist:

This printable checklist is your guide to practicing confidence daily. It's not about perfection; it's about showing up. Use it to simply start your day with intention and grace.

DAILY CONFIDENCE PRACTICES	M	T	W	T	F	S	S
I spoke to myself with kindness at least once today							
I stood or sat with open, upright posture							
I made eye contact while talking with someone today							

SHAPING A STRONGER MINDSET	M	T	W	T	F	S	S
I reminded myself that I am capable							
I focused on progress, not perfection							
I re-framed a negative thought							

End your week with grace by noticing growth, celebrating effort, and honoring the moments that mattered.

NOTICING YOUR PROGRESS
I did something outside my comfort zone
I celebrated a personal quality I'm proud of
I practiced self-compassion instead of self-criticism

*Be proud of the steps you've taken this week and keep showing up.
Growth is happening, even in the smallest moments!*