

CONFIDENCE KICKSTART

5 TOOLS TO BOOST YOUR CONFIDENCE EVERY DAY



1. MY MANTRA

Write a short phrase to repeat when nerves hit. Examples:

"I've done the work—I'm ready."

"I trust myself."

"Strong. Steady. Capable."

"I belong here."

My mantra: _____



2. POWER POSTURE

Stand tall, shoulders back, and breathe deeply for 60 seconds before a challenge.

When I will try this: _____



3. FUTURE YOU CHECK-IN

Picture the version of you who already succeeded. What advice would they give you?

Write it here: _____



4. HYPE PLAYLIST

Create a playlist of songs that make you feel unstoppable. Play one before practice, a test, or a big moment.

My hype song: _____



5. CONFIDENCE ROLE MODEL

Think of someone you admire for their confidence. Ask: "How would they show up right now?" Then borrow their energy.

My role model: _____

***Confidence isn't magic—it's a muscle.
Use this guide daily to strengthen it.***