



5 Steps to Discover Your Bold Self

Workbook

Practical exercises to uncover your confidence,
embrace your identity, and step into boldness.

*You're about to take your first
step toward being
unapologetically you. Let's begin!*

Becoming Bold | Confidence & Identity Coaching

www.bboldco.com

This resource is for personal growth and encouragement.



Step 1: Know Your Strengths

Exercise: Write down 3 moments you felt proud of yourself.

- 1.
- 2.
- 3.

Prompt: What qualities were you demonstrating in those moments?



Step 2: Identify Limiting Beliefs

Exercise: Write 3 beliefs that hold you back.

- 1.
- 2.
- 3.

Prompt: Where did these beliefs come from, and are they truly yours?



Step 3: Affirm Your Identity

Exercise: Create 3 positive statements about yourself (e.g., "I am confident and capable").

1.

2.

3.

Prompt: Say them aloud every morning.



Step 4: Take Bold Action

Exercise: List 3 small actions you can take this week to move toward your goals.

- 1.
- 2.
- 3.

Prompt: How does taking this step make you feel empowered?



Step 5: Reflect & Celebrate

Exercise: Journal 3 wins, no matter how small.

- 1.
- 2.
- 3.

Prompt: How does celebrating progress change your mindset?

“This is just the beginning—if you’re ready to go deeper, join the Healing Vault to continue your bold journey.”