



10 Days to Confidence

Self-coaching prompts for trusting yourself again

One prompt a day. Spend 5–10 minutes writing before you judge or edit. These ten are about the gap between what you know and what you actually believe you can do.

- Day 1.** What would I do differently today if I weren't afraid of being judged?
- Day 2.** If I trusted myself completely, what would I do next?
- Day 3.** What's a compliment I've received but never let myself believe?
- Day 4.** What am I most proud of that no one else knows about?
- Day 5.** What's a fear that's actually just discomfort in disguise?
- Day 6.** What would today look like if I acted from confidence instead of doubt?
- Day 7.** What's a decision I've been avoiding, and what's the actual worst case?
- Day 8.** What would I want a coach to ask me right now?
- Day 9.** What story about myself am I ready to retire?
- Day 10.** What's a risk that scares me but keeps showing up in my thoughts anyway?

Want a mirror that isn't just your own doubt?

I'm currently offering complimentary coaching sessions to help you close the gap between what you know and what you'll actually act on.

Book your free session

Not ready yet? That's completely okay. Keep this and come back to it anytime.