



Confidence Compass

What evidence do I have that supports my ability to succeed?

- Builds awareness of strengths and lived proof of capability.

If a close friend were in my shoes, what would I tell them?

- Shifts perspective and introduces self-compassion.

What fear or belief is holding me back and is it truly grounded in fact?

- Helps dismantle limiting beliefs.

What's the smallest step I can take today that proves to me I'm moving forward?

- Reframes confidence as a practice built on consistent action.

How does achieving this connect to my deeper purpose or 'why'?

- Anchors confidence in meaning, not momentary wins.

What past challenge have I already overcome that once felt impossible?

- Builds resilience by reminding you of proof that you've faced obstacles before and prevailed.

If I fully believed in myself right now, what action would I take?

- Creates a bridge between belief and bold action, helping you align behavior with potential.