

THE CONFIDENCE SUMMIT

AUG 7th

Reflection & Action Plan

Confidence grows through action, not certainty. Choose one meaningful goal that matters most to you right now. Small, consistent actions build confidence because each step becomes evidence that you can do hard things. Write your goal, identify why it matters, and commit to your first steps. When doubt shows up which it will return to your purpose, take the next small action, and trust the confidence follows action.

My One Goal from The Confidence Summit

Why This Goal Matters to Me

My First Three Action Steps

1.

2.

3.

Potential Obstacles & How I'll Respond

Obstacle:

My response:

Obstacle:

My response:

My Commitment

The first action I will take is:

I will complete it by:

Accountability partner:

**“Confidence is a habit you build—one choice, one response,
one moment at a time.”**

- Cindra Kamphoff, *The Confidence Habit*

www.confidencetools.com