

MENTAL & EMOTIONAL

THE CONFIDENCE PROJECT

THE VISIBLE CONFIDENCE ACTION PLAN

THE PROBLEM

Self-doubt has become a habit, keeping you quiet, hidden, or stuck when a visible action could move life forward.

1 NAME THE STORY

Write down the sentence self-doubt keeps repeating.

THE STORY I TELL MYSELF: _____

IT MAKES ME AVOID: _____

WHAT IS ALSO TRUE: _____

A FAMILIAR STORY IS NOT A FACT.

2 CHOOSE VISIBLE ACTION

Pick one move that can be seen, heard, sent, or scheduled.

- ☐ Conversation
- ☐ Application
- ☐ Appointment
- ☐ Presentation
- ☐ Boundary

MY ACTION: _____

3 REINFORCE THE SIGNAL

Support the action with preparation that helps you feel ready.

- ☐ Practice
- ☐ Grooming / presentation
- ☐ Health / movement
- ☐ Communication
- ☐ Skill-building

ONE SUPPORTING STEP: _____

THE 24-HOUR CONFIDENCE ACTION

Confidence often arrives after the action. Put one visible move on the clock.

ACTION: _____ PERSON / PLACE: _____ TIME: _____

MY FIRST SENTENCE: _____

WHO CAN HELP?

Coach, counselor, salon professional, fitness trainer, cosmetic dentist, image consultant, or communication trainer.

**BRING THIS TOOL
TO THE CONVERSATION.**

CONFIDENCE NEEDS EVIDENCE. GIVE IT SOME.

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