DAILY CONFIDENCE RESET CHECKLIST

Start each morning with intention and clarity. This simple yet powerful checklist helps you refocus your mindset, strengthen self-belief, and prepare to lead calmly and confidently no matter what the day brings.

Use this checklist to:

- [ ] **Pause and reflect** on what you can control today.
- [ ] **Reaffirm** your values and what matters most to you.
- [ ] **Set one clear intention** for how you want to show up.
- [ ] **Acknowledge your strengths** - the skills and qualities that make you effective.
- [ ] **Visualise** success and how it feels to handle challenges with ease.
- [ ] **Release self-doubt** by reframing negative thoughts into constructive ones.
- [ ] **Take one confident action** that moves you closer to your goal.

Each step takes just a few minutes yet the impact lasts throughout your day.

Confidence isn't something you wait for - it's something you build, intentionally, every day.

Top tip - keeping a journal helps you stay on track.