



FREE GUIDE

7 DAYS TO CONFIDENT



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YOU MADE IT

LET'S BEGIN

YOU DOWNLOADED THIS FOR A REASON.

YOU'RE TIRED OF HOW NEGATIVE YOUR INNER SELF-TALK IS. YOU'RE EXHAUSTED BY HOW NERVOUS YOU GET IN SOCIAL SITUATIONS. YOU OVER-APOLOGIZE. YOU DON'T TRY GOING FOR YOUR DREAMS BECAUSE YOU'RE SCARED TO FAIL. YOU SEEM TO NOT "GET IT" LIKE EVERYONE ELSE DOES. YOU'RE CONSTANTLY COMPARING YOURSELF TO OTHERS.

AND YOU'RE SICK OF FEELING THIS WAY. IF I COULD HUG YOU RIGHT NOW, I WOULD! I'VE FELT THIS PAIN, AND IT'S LIKELY I'LL FEEL THIS WAY AGAIN. THAT'S SHOWBIZ, BABY.

BET YOU DIDN'T THINK I'D SAY THAT, DID YOU?

WHEN WE ACCEPT THAT SELF-CONFIDENCE IS A LIFE-LONG PRACTICE AND NOT A DESTINATION, WE RELEASE OURSELVES FROM THE PRESSURE OF "GETTING IT RIGHT". IT OPENS US UP TO ACTUALLY STARTING THE PRACTICE, RATHER THAN LETTING THE FEAR OF FAILURE PARALYZE US FROM EVER BEGINNING. IN A SENSE, IT BECOMES MORE ATTAINABLE.

I'VE BEEN HERE COUNTLESS TIMES, AND I'VE COLLECTED RITUALS AND PRACTICES ALONG THE WAY THAT ARE QUICK TO IMPLEMENT, EASY TO FIT INTO A BUSY DAY, AND ACTUALLY WORK.

GIVE YOURSELF THIS WEEK TO START. YOU'LL BE SO GLAD YOU DID.



WHAT YOU GET EACH DAY:

LESSON WITH A RITUAL OR EXERCISE
JOURNAL PROMPT
SPOTIFY PLAYLIST TO LISTEN TO

BE SURE TO:

PRINT THIS OUT, USE A JOURNAL, OR
DOWNLOAD THE "DAY ONE" APP
FOLLOW ME ON SPOTIFY
DOWNLOAD CANVA AND PINTEREST
(ALL APP RECOMMENDATIONS ARE FREE 99)

DAYS 1 - 7

DAY 1:	THE ORIGIN STORY
DAY 2:	SELF-TALK
DAY 3:	DECLARE IT SO
DAY 4:	FAILURE FREEDOM
DAY 5:	ALL ABOUT YOU
DAY 6:	CRAFT THE VISION
DAY 7:	CONFIDENCE RENEWAL



THE ORIGIN STORY



DAY 1



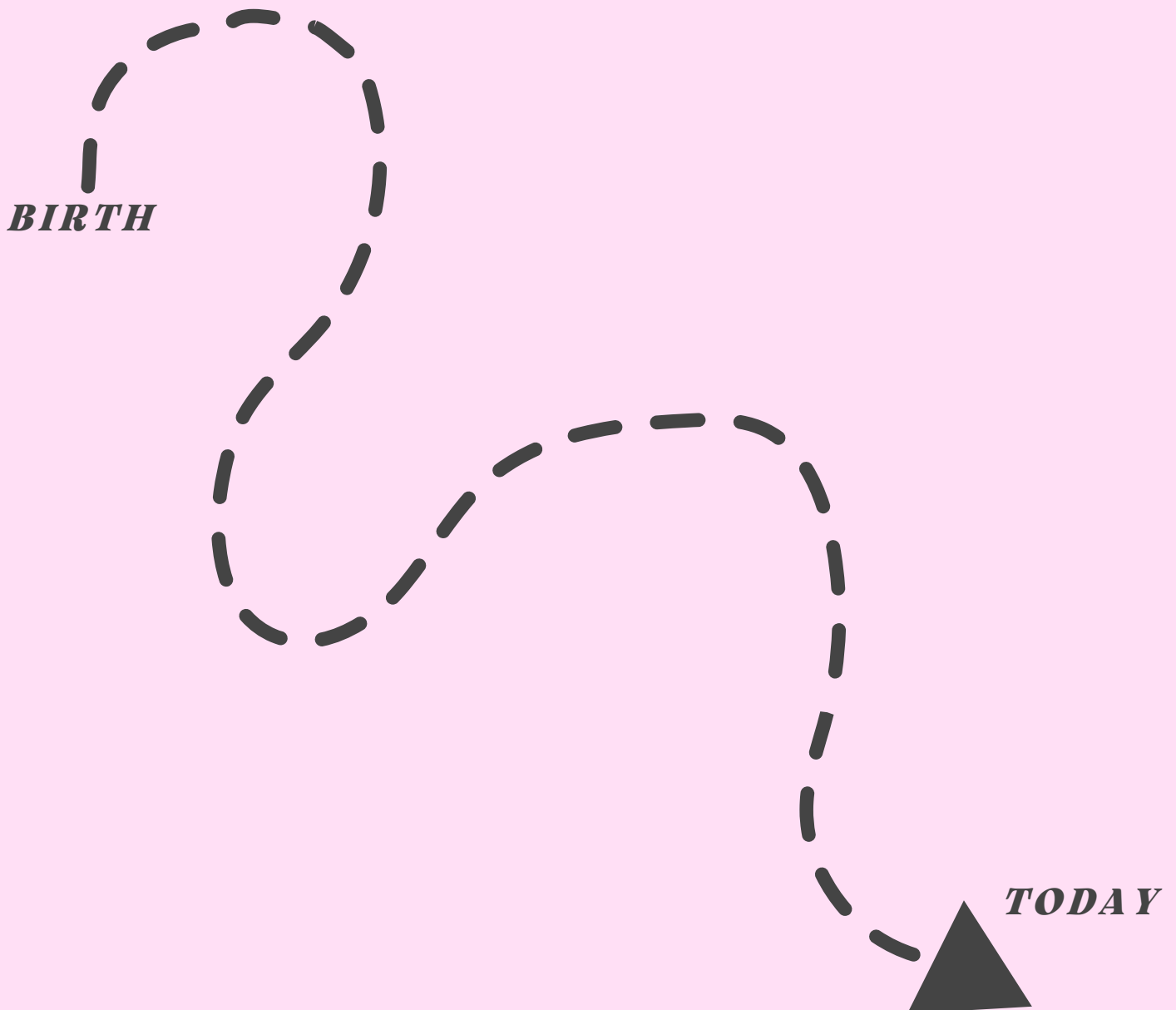
DAY 1

THE ORIGIN STORY

HOW YOU BECAME THE PERSON YOU ARE IS IMPORTANT. YOUR LIFE STORY IS WORTH TELLING.

AND IT CAN UNEARTH SUCH GREAT INSIGHT INTO HOW YOU FEEL ABOUT YOURSELF! EXTERNALIZING ON PAPER WHAT HAS HAPPENED TO US (AND WHAT WE'VE EXPERIENCED IN LIFE) HELPS US REVEAL WHAT HAS POTENTIALLY AFFECTED OUR CONFIDENCE.

FILL OUT THE MAP BELOW WITH YOUR LIFE STORY. IF YOU'RE USING A JOURNAL, DRAW YOUR OWN ORIGIN STORY LINE AS YOU SEE FIT. IF EMOTIONS COME UP, TRY TO EXPLORE THEM. ONLY WRITE DOWN WHAT YOU FEEL COMFORTABLE WRITING. REMIND YOURSELF THAT YOU ARE IN CHARGE OF THIS PROCESS. MOVE WITH BOTH OPENNESS AND SELF-PROTECTION.



DON'T FORGET TO
LISTEN TO "THE ORIGIN
STORY" PLAYLIST ON
MY SPOTIFY!

DAY 1

JOURNAL

PROMPT: WHAT STANDS OUT FROM YOUR LIFE STORY THAT IS PARTICULARLY EMPOWERING OR CONFIDENCE-BUILDING? WHAT ABOUT THE INSTANCES THAT MAY HAVE DAMAGED YOUR CONFIDENCE? WHAT BELIEFS ABOUT YOURSELF HAVE EMERGED FROM THESE EXPERIENCES?



SELF-TALK



DAY 2



DAY 2

SELF-TALK

TODAY, WE'LL FOCUS ON YOUR SELF-TALK. WE WANT TO USE DAY TWO TO IDENTIFY AND EXAMINE PATTERNS OF SELF-TALK IN ORDER TO UNDERSTAND THOUGHT PATTERNS, BELIEFS, STORIES WE TELL OURSELVES, AND HOW THESE THINGS IMPACT OUR EMOTIONS AND BEHAVIORS.

MATERIALS NEEDED: PEN AND JOURNAL, "DAY ONE" APP, OR A PRINT OUT OF THESE PAGES

CAPTURE SELF-TALK: THROUGHOUT DAY TWO, PAY CLOSE ATTENTION TO YOUR INNER DIALOGUE. WHENEVER YOU NOTICE THOUGHTS RUNNING THROUGH YOUR MIND, JOT THEM DOWN. DON'T FILTER OR EDIT THE THOUGHTS. NO JUDGMENT HERE! BE HONEST AND CAPTURE THE EXACT WORDS AND PHRASES YOU USE.

CATEGORIZE THE SELF-TALK: AT THE END OF THE DAY, REVIEW THE SELF-TALK YOU'VE RECORDED. THEN, CATEGORIZE THE THOUGHTS, SUCH AS "POSITIVE," "NEGATIVE," "CRITICAL," "DOUBTFUL," "ENCOURAGING," ETC.

THOUGHTS

EXAMPLE: DAMN, WHAT I SAID AT WORK WAS SO CRINGEY. (CRITICAL)

IDENTIFY PATTERNS: LOOK FOR PATTERNS WITHIN EACH CATEGORY. DO YOU TEND TO HAVE CERTAIN TYPES OF SELF-TALK MORE FREQUENTLY? ARE THERE SPECIFIC TRIGGERS THAT LEAD TO NEGATIVE OR CRITICAL SELF-TALK? ARE THERE RECURRING THEMES IN YOUR POSITIVE OR ENCOURAGING SELF-TALK?

PATTERNS

EXAMPLE: MY SELF-TALK AT WORK IS ALL CRITICAL WITH NO POSITIVITY.



DAY 2

DON'T FORGET TO LISTEN TO THE "SELF-TALK" PLAYLIST ON MY SPOTIFY!

JOURNAL

PROMPT: REFLECT ON HOW YOUR SELF-TALK AFFECTS YOUR EMOTIONS, BEHAVIORS, AND MINDSET. HOW DOES NEGATIVE SELF-TALK INFLUENCE YOUR CONFIDENCE, DECISIONS, AND INTERACTIONS? HOW DOES POSITIVE SELF-TALK UPLIFT YOUR MOOD AND OUTLOOK?



DECLARE IT SO



DAY 3



DAY 3

DECLARE IT SO

DAYS ONE AND TWO MAY HAVE BEEN TOUGH. REFLECTING ON HOW OUR PAST EXPERIENCES HAVE AFFECTED OUR CONFIDENCE CAN UNEARTH EMOTIONS WE'VE STIFLED FOR YEARS. IDENTIFYING THOUGHTS AND THOUGHT PATTERNS CAN REVEAL SCARY REALITIES ABOUT HOW YOU SPEAK TO YOURSELF. THAT'S WHY TODAY, YOU GET TO TAKE YOUR POWER BACK. ON DAY THREE, WE GET TO CHALLENGE NEGATIVE SELF-TALK AND REFRAME THOSE THOUGHTS INTO POSITIVE, SUPPORTIVE STATEMENTS.

MATERIALS NEEDED: PEN AND JOURNAL, "DAY ONE" APP, OR A PRINT OUT OF THESE PAGES

CHALLENGE AND REFRAME: IN THE SPACE BELOW, TAKE A FEW INSTANCES OF NEGATIVE OR CRITICAL SELF-TALK AND REFRAME THEM INTO MORE POSITIVE STATEMENTS.

EXAMPLE:
DAMN, WHAT I SAID AT WORK
WAS SO CRINGEY.

WHAT I SAID AT WORK WAS
BASED ON MY OPINION, AND MY
VOICE MATTERS. IT DOESN'T
HAVE TO BE DELIVERED
PERFECTLY EVERY TIME.

DAY 3

DON'T FORGET TO LISTEN TO THE "DECLARE IT SO" PLAYLIST ON MY SPOTIFY!

JOURNAL

PROMPT: FOR EACH OF THE POSITIVE STATEMENTS YOU'VE IDENTIFIED, CREATE AN AFFIRMATION. WRITE AS MANY AS YOUR CUTE LIL' HEART DESIRES!

	EXAMPLE: I'M AN EXPERT AT WHAT I DO, AND MY WORK PEERS RESPECT ME.



FAILURE FREEDOM



DAY 4



DAY 4

FAILURE FREEDOM

DAY FOUR IS GOING TO FEEL A LITTLE WEIRD, BECAUSE TODAY, WE'RE GOING TO GET REAL WITH WHERE WE'VE FAILED IN LIFE. FAILURE IS AN INTEGRAL PART OF BEING CONFIDENT, AND EMBRACING IT SHOWS HOW STRONG AND RESILIENT YOU ARE. IT ALSO RELEASES ANY SHAME, BECAUSE REALITY IS, EVERYONE FAILS. AND YOU DESERVE TO SHOW YOURSELF SELF-COMPASSION.

MATERIALS NEEDED: PEN AND JOURNAL, "DAY ONE" APP, OR A PRINT OUT OF THESE PAGES

OWN YOUR FAILURES: WRITE DOWN 10 INSTANCES WHERE YOU'VE FAILED. BE REAL WITH YOURSELF. GET HONEST. SIT WITH ANY EMOTIONS THAT COME UP. REFLECT ON HOW THESE FAILURES MADE YOU FEEL AT THE TIME. WHAT PHYSICAL SENSATIONS COME UP FOR YOU?

FROM THERE, PUT A CHECK MARK IN THE SQUARE OF EACH FAILURE. USE THIS RITUAL AS AN OPPORTUNITY TO OWN YOUR FAILURES. THEY'RE YOURS. THEY'RE A PART OF YOU. AND THEY MAKE YOU WHO YOU ARE.

LIST OF FAILURES

EXAMPLE: I FAILED THE GMAT ON MY FIRST TRY (TRUE STORY!).



DAY 4

DON'T FORGET TO LISTEN TO THE "FAILURE FREEDOM" PLAYLIST ON MY SPOTIFY!

JOURNAL

PROMPT: TAKE TWO OF YOUR FAILURES AND REFLECT ON WHAT YOU LEARNED FROM THEM. CONSIDER THE SKILLS YOU ACQUIRED, THE RESILIENCE YOU DEVELOPED, AND THE INSIGHTS YOU GAINED. BY REFRAMING SETBACKS AS OPPORTUNITIES TO GROW, YOU EMPOWER YOURSELF TO RISE STRONGER AND WISER EVERY TIME.



ALL ABOUT YOU



DAY 5



DAY 5

ALL ABOUT YOU

TODAY IS DAY FIVE, AND WE'RE GOING IN ON ALL THE BEST PARTS OF YOU! TODAY, YOU GET TO EXPLORE EXACTLY WHAT YOUR BIGGEST STRENGTHS ARE IN A FEW DIFFERENT LIFE CATEGORIES. DOING THIS WILL HELP YOU RECOGNIZE HOW YOUR CONFIDENCE NATURALLY SURFACES IN YOUR LIFE. SOMETIMES WE FORGET JUST HOW LOVABLE, CAPABLE, AND CONFIDENT WE REALLY ARE.

MATERIALS NEEDED: PEN AND JOURNAL, "DAY ONE" APP, OR A PRINT OUT OF THESE PAGES

OWN YOUR STRENGTHS: FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN A STRENGTH, PROOF OF THAT STRENGTH, AND THE EMOTIONS THIS BRINGS UP FOR YOU. TAKE THE TIME TO REFLECT ON THESE AND REALLY ABSORB THEIR REALITY.

CATEGORY	STRENGTH	PROOF	HOW I FEEL
EXAMPLE: WORK	I am helpful and easy to work with.	A coworker told me they love working with me on projects.	Proud and happy
FAMILY/ FRIENDS			
WORK/SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			



DAY 5

DON'T FORGET TO LISTEN TO THE "ALL ABOUT YOU" PLAYLIST ON MY SPOTIFY!

JOURNAL

PROMPT: READ ALOUD TO YOURSELF THE STRENGTHS YOU'VE IDENTIFIED FROM THE PREVIOUS PAGE. HOW HAVE THESE QUALITIES POSITIVELY INFLUENCED YOUR LIFE, INTERACTIONS, AND ACHIEVEMENTS? WHAT COMES UP FOR YOU AS YOU RECOGNIZE YOUR STRENGTHS?

CRAFT THE VISION



DAY 6



DAY 6

CRAFT THE VISION

MY FAVORITE DAY OF THE WEEK! VISION BOARD DAY! TODAY, YOU GET TO CREATE A VISION BOARD OF ALL THE THINGS YOU WANT TO GET OUT OF THIS NEXT SEASON OF LIFE AS YOU STEP INTO YOUR CONFIDENCE. BE AS DETAILED OR AS BROAD AS YOU'D LIKE. I'VE PASTED MY OWN VISION BOARD BELOW TO GIVE YOU AN IDEA OF WHAT YOU CAN CREATE.

MATERIALS NEEDED: THE PINTEREST APP AND THE CANVA APP (BOTH FREE!)

CRAFT THE FUTURE: SEARCH FOR PICTURES ON PINTEREST AND SAVE THE ONES YOU LIKE. IN CANVA, OPEN UP A NEW DESIGN AND UPLOAD THE PICTURES. PASTE THEM TO YOUR DESIGN AND STRUCTURE IT HOWEVER YOU LIKE. ONCE YOU'RE DONE, SET THE VISION BOARD AS THE WALLPAPER ON YOUR PHONE SCREEN. PRINT IT OUT, EVEN! KEEP IT SOMEWHERE YOU WILL ALWAYS SEE IT.



DON'T FORGET TO LISTEN TO THE "CRAFT THE VISION" PLAYLIST ON MY SPOTIFY!

DAY 6

JOURNAL

PROMPT: WHAT THREE STEPS CAN YOU TAKE TO ENSURE YOUR VISION BOARD WILL COME TO A REALITY? WRITE THEM DOWN HERE. HOW WILL YOU KEEP YOUR VISION FRONT AND CENTER IN YOUR DAY-TO-DAY LIFE?



CONFIDENCE RENEWAL



DAY 7



CONFIDENCE RENEWAL

ON OUR LAST DAY TOGETHER, WE'LL PERFORM A CONFIDENCE RENEWAL RITUAL. THE GOAL OF THIS RITUAL IS TO RELEASE YOURSELF OF SELF-LIMITING BELIEFS AND NEGATIVE SELF-TALK, SO YOU CAN CREATE SPACE TO STEP INTO YOUR CONFIDENCE. YOU CAN COME BACK TO THIS RITUAL TIME AND TIME AGAIN ANY TIME YOU FEEL YOU NEED IT. BY ENGAGING IN THE RITUAL REGULARLY, YOU'LL REINFORCE YOUR COMMITMENT TO NURTURING SELF-CONFIDENCE AND LEAVE BEHIND THE LIMITING BELIEFS THAT NO LONGER SERVE YOU.

MATERIALS NEEDED: A QUIET AND COMFORTABLE SPACE, A PIECE OF PAPER AND A PEN/PENCIL

1. PREPARE YOUR SPACE:

- FIND A CALM AND CLUTTER-FREE AREA WHERE YOU CAN FOCUS WITHOUT DISTRACTIONS.

2. SELF-REFLECTION (2 MINUTES):

- SIT COMFORTABLY AND TAKE A FEW DEEP BREATHS TO CENTER YOURSELF.
- REFLECT ON A RECENT SITUATION WHERE YOU FELT YOUR CONFIDENCE WAVER. ACKNOWLEDGE ANY NEGATIVE THOUGHTS OR DOUBTS.

3. WRITE DOWN DOUBTS (2 MINUTES):

- ON THE PIECE OF PAPER, WRITE DOWN THE DOUBTS OR SELF-LIMITING BELIEFS THAT EMERGED FROM THE SITUATION. BE HONEST AND SPECIFIC ABOUT WHAT HELD YOU BACK.

4. AFFIRMATION CREATION (2 MINUTES):

- NEXT TO EACH DOUBT YOU'VE WRITTEN, CREATE A POSITIVE AFFIRMATION THAT COUNTERS THE NEGATIVE BELIEF. FOR EXAMPLE, IF YOU WROTE, "I'M NOT GOOD ENOUGH," YOUR AFFIRMATION COULD BE, "I AM MORE THAN CAPABLE OF ACHIEVING MY GOALS."

5. RIP AND RELEASE (2 MINUTES):

- HOLD THE PAPER IN YOUR HANDS, FEELING THE WEIGHT OF THE DOUBTS YOU'VE WRITTEN.
- TAKE A DEEP BREATH, FOCUSING ON THE INTENTION TO LET GO OF THESE LIMITING BELIEFS.
- WITH PURPOSE AND DETERMINATION, RIP THE PAPER INTO PIECES. AS YOU DO, VISUALIZE YOURSELF BREAKING FREE FROM THOSE DOUBTS.

6. SYMBOLIC RENEWAL (2 MINUTES):

- AS YOU HOLD THE TORN PAPER, RECOGNIZE THE ACT AS A SYMBOL OF YOUR DECISION TO RELEASE THESE NEGATIVE THOUGHTS.
- TAKE A MOMENT TO FEEL THE SENSE OF EMPOWERMENT AND LIBERATION.

7. POSITIVE AFFIRMATION (1 MINUTE):

- RECITE YOUR POSITIVE AFFIRMATIONS OUT LOUD, EMPHASIZING EACH WORD WITH CONVICTION. FEEL THE SHIFT IN YOUR ENERGY AS YOU AFFIRM YOUR NEW BELIEFS.

8. GRATITUDE AND REFLECTION (2 MINUTES):

- TAKE A MOMENT TO EXPRESS GRATITUDE FOR THE OPPORTUNITY TO SHED SELF-DOUBT AND EMBRACE SELF-CONFIDENCE.
- REFLECT ON HOW THIS SYMBOLIC ACT ALIGNS YOU WITH YOUR JOURNEY TOWARD GREATER EMPOWERMENT.

9. CLOSING INTENTIONS (1 MINUTE):

- CLOSE THE RITUAL BY SETTING AN INTENTION TO CARRY THIS RENEWED SENSE OF CONFIDENCE WITH YOU THROUGHOUT YOUR LIFE.



DON'T FORGET TO LISTEN TO THE "CONFIDENCE RENEWAL" PLAYLIST ON MY SPOTIFY!

DAY 7

JOURNAL

PROMPT: IN A FEW SENTENCES, REFLECT ON THE RITUAL YOU JUST COMPLETED. HOW DID IT FEEL TO RELEASE THOSE DOUBTS? HOW DID THE ACT OF TEARING UP THE PAPER IMPACT YOUR EMOTIONS AND MINDSET? HOW DO YOU PLAN TO INTEGRATE THIS RENEWED SENSE OF CONFIDENCE INTO YOUR DAILY LIFE?



YOU DID IT

CONGRATS!

CONGRATULATIONS ON COMPLETING YOUR “7 DAYS TO CONFIDENT” JOURNEY! OVER THE PAST WEEK, YOU’VE DONE THE DAMN THING. AS YOU REFLECT ON THE ACTIVITIES, RITUALS, PLAYLISTS, AND JOURNAL PROMPTS, REMEMBER THAT BUILDING CONFIDENCE IS A CONTINUOUS JOURNEY—ONE YOU’RE NOW WELL-EQUIPPED TO NAVIGATE.

YOU’VE UNCOVERED THE STRENGTH WITHIN YOU, CELEBRATED YOUR SUCCESSES, EMBRACED YOUR SETBACKS AS OPPORTUNITIES, AND DISCOVERED THE BEAUTY OF SELF-COMPASSION. EACH DAY WAS A STEP TOWARD EMBRACING YOUR AUTHENTIC SELF AND RADIATING SELF-ASSUREDNESS.

REMEMBER, CONFIDENCE ISN’T ABOUT ELIMINATING ALL SELF-DOUBT—IT’S ABOUT ACKNOWLEDGING THOSE DOUBTS AND CHOOSING TO BELIEVE IN YOURSELF ANYWAY. YOU NOW HAVE A CUTE LIL’ TOOLKIT OF STRATEGIES TO RELY ON WHENEVER YOU ENCOUNTER CHALLENGES THAT TEST YOUR CONFIDENCE. COME BACK TO EACH OF THESE DAYS WHENEVER YOU FEEL THE NEED TO CHECK IN WITH YOURSELF.

MY HOPE IS YOU CONTINUE TO TRUST YOURSELF, CELEBRATE YOUR WINS, AND PRACTICE SELF-COMPASSION WHEN FACED WITH ADVERSITY.

GO FORTH, YOU CONFIDENT THING, YOU.



