

My Next Confidence Step

Choose a situation you are willing to approach and a small experiment. Rate confidence from 0 (none today) to 100 (complete confidence today). Learning matters more than performance.

1. Describe the situation and a small step you could try. How confident do you feel from 0 to 100, and why?

1. Confidence today

Enter a value from 0 to 100.



2. My next step



3. What would help me take it?

2. What would make the step a little easier? What could you learn even if it goes differently than hoped?

3. Try one confidence step

Action

Support

When to try

What to notice / review