

# 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?

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3. Try one confidence step

**Action**

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**Support**

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**When to try**

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**What to notice / review**

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