



Lezanne@hlpconsulting.co.uk

Laura@hlpconsulting.co.uk

THE CONFIDENCE RESET

A simple exercise to help you challenge self- doubt and reconnect with your confidence

When self doubt starts to take over, pause and work through these questions before you make a decision

1. What am I telling myself right now?

2. What evidence do I have that this is true?

3. What evidence do I have that this is not true?

4. What would I say to a friend in this situation?

5. What action would the confident version of me take next?

6. What is the smallest step I can take today?

Remember:

Confidence does not come before action.

Confidence comes from taking action despite uncertainty.



Lezanne@hlpconsulting.co.uk

Laura@hlpconsulting.co.uk

If you have completed this exercise and realised something needs to change. You don't have to figure it out alone.

Book a free clarity call.

- Together we will explore:
- What is keeping you stuck
- What is really important to you
- What your next chapter could look like