



The Confidence Check-In

10 small shifts to help you back
yourself a little more



A personal welcome

I'm so glad you're here, and that you've downloaded The Confidence Check-In.

If we haven't met yet, I'm Clare. I've spent more than 20 years building businesses, leading teams and creating communities, and I've learnt that confidence isn't something any of us have all of the time.

For me, it's something we build as we go, by trying things, learning from them, celebrating the small wins and gradually trusting ourselves a little more.

That's what this guide is about. Ten simple ideas to come back to whenever self-doubt creeps in or you need a little reminder to back yourself.

Take what you need, come back whenever you need it, and remember... you're probably more capable than you give yourself credit for.

With Good Vibes always,

Clare

FOUNDER - THE GOOD VIBES COLLECTIVE





MINDSET

A little confidence check-in...

Confidence doesn't mean having it all figured out or never doubting yourself. Sometimes it's simply about learning to trust yourself a little more and not letting that voice in your head talk you out of things before you've even started.

You don't need to have it all figured out.

You don't need to feel confident yet.

You just need to be open to making a few small shifts along the way.

These 10 ideas are here for whenever you need them, whether you're starting something new, finding your feet again or just having one of those days when you need a reminder to back yourself.

No pressure. No perfect starting point. Just a few things to think about, try and come back to whenever you need them.

Right then... let's get into it.





Check your Inner Voice

We talk to ourselves more than anyone else ever will, so it's worth paying attention to how we do it. When your inner voice constantly criticises, second-guesses or puts you down, it can chip away at your confidence one thought at a time.

Start small. Every time you catch one of those "Who do you think you are?" moments, try replacing it with "Why not me?" It sounds simple, but changing the way you speak to yourself can gradually change the way you see yourself too.

Talk to yourself like someone you're rooting for - because you should be!



Choose Progress over Perfection

Waiting for the perfect time, perfect plan or perfect amount of confidence? You could be waiting forever. The truth is, confidence isn't something you magically gain before you start, it's something you build BECAUSE you start.

Whether it's launching a business, starting a fitness journey or simply speaking up when you normally wouldn't, sometimes you just have to take a step and learn as you go.

Done is better than perfect. Messy is better than nothing.



Interrupt your Negative Patterns

Ever spiralled from one negative thought into a day-long slump? It happens. But sometimes simply noticing that you're doing it is enough to start interrupting the pattern.

When self-doubt, fear or overthinking creeps in, do something to break the cycle. Get up, change your scenery, go for a walk, put some music on or talk it through with someone. Even a small change can help stop one thought taking over your whole day.

You can't control every thought that pops into your head, but you don't have to give all of them your attention.

4.

Use Fear as Fuel

Fear isn't always a bad thing. Sometimes it shows up simply because something matters to you, you're trying something new or you're stepping outside your comfort zone.

The trick isn't necessarily to get rid of the fear, but to recognise it and decide whether you're going to let it stop you.

Ask yourself, "What's the worst that could happen?" and then don't forget to ask, "What's the BEST that could happen?"

Courage isn't about not being scared. Sometimes it's about being scared and doing the thing anyway.

Feel the butterflies. Do it anyway.

5.

Surround Yourself with Good Vibes

The people around us can have a huge impact on how we feel about ourselves. If you're constantly around people who make you second-guess yourself, dismiss your ideas or leave you feeling drained, it might be worth taking a look at who gets most of your time and energy.

Find the people who celebrate your wins, encourage your ideas and remind you what you're capable of when you're having a wobble. Whether that's friends, family or a community of people who just get it, having the right people around you matters.

You don't have to do everything alone. Find the people who cheer you on.

6.

Celebrate the Small Wins

We're so conditioned to wait for the "big win" - the promotion, the 10K followers, the weight loss goal - that we forget to notice all the smaller wins along the way. But confidence grows in those moments too: speaking up, posting the thing, saying no or simply showing up on a hard day.

Those little wins matter. Notice them. Keep track of them. Give yourself some credit.

Don't wait for the finish line to feel proud of how far you've come.



Speak Kindly to Your Reflection

The way we speak to ourselves matters, and that includes the person looking back at us in the mirror. How often do you look at yourself and immediately notice something you'd like to change rather than anything you actually like?

Try doing the opposite. Take 30 seconds to look at yourself without picking yourself apart and say something kind instead. It might feel awkward at first, but that's probably even more reason to practise it.

You don't have to love everything you see, but you can learn to be a little kinder to the person looking back at you.

Need a starting point? Try one of these:

- ✨ I am capable of more than I sometimes give myself credit for.
- ✨ I am learning and growing as I go.
- ✨ My voice matters.
- ✨ I am proud of how far I've come.
- ✨ I can do things even when I don't feel completely confident.
- ✨ I don't need to have everything figured out.
- ✨ I deserve to take up space.
- ✨ I can trust myself to work things out.

Pick one that actually feels believable to you and come back to it when you need it. You don't have to convince yourself you're invincible... just start talking to yourself a little more like you would someone you care about.



Protect your Peace

It's hard to feel confident when everything around you feels like noise. Constant comparison, overcommitting, doom-scrolling and people who leave you feeling drained can all take up more headspace than we realise.

Protecting your peace can be as simple as saying no when you need to, putting your phone down, stepping away from something that isn't good for you or giving yourself permission to have some quiet.

Boundaries aren't selfish. You don't have to be available to everyone, all of the time.

Sometimes protecting your peace simply means being a little more careful about what, and who, gets your energy.

9.

Embrace the Let Them Theory

Not everyone will understand your choices, support what you're doing or treat you the way you'd hoped. And sometimes, you just have to let them.

Let them underestimate you.

Let them talk.

Let them walk away.

Let them scroll past.

Because the more time and energy you spend worrying about what other people think of you, the less you have for the things that actually matter to you.

"Let Them" is really about accepting that you can't control other people. You can't control what they think, what they say or what they choose to do. What you CAN control is how much of your energy you give to it.

Let them do what they're going to do. You keep doing what feels right for you.

10.

Stop Asking for Permission

Confidence doesn't come from waiting to be picked, it comes from picking yourself. Too many of us hold back, waiting for someone else to tell us we're good enough, ready enough, smart enough or allowed.

Looking for permission? You don't need it.

You don't need approval to take up space.

You don't need validation to go after what you want.

You don't need to be chosen to choose yourself.

The people you admire probably didn't wait until they felt completely ready either. They started. They tried. They showed up unsure, nervous and sometimes scared, and worked things out as they went.

You might not feel ready. You might not know exactly what you're doing. You might get it wrong and have to try again.

But you don't need anyone else's permission to give it a go.



You made it to the end... although hopefully this is something you'll come back to whenever you need it.

Confidence isn't something you suddenly find and then have forever. It grows through the things you do, the chances you take, the small wins you notice and all those times you do something even though you're not completely sure of yourself.

You won't always feel confident. You won't always get it right. And you definitely don't need to have everything figured out. Sometimes you just need to trust yourself enough to take the next step.

Keep showing up, keep giving things a go and, most importantly, keep backing yourself a little more. You're probably capable of far more than you give yourself credit for.

Confidence isn't about being perfect;
it's about being brave enough to be
yourself.

By Clare Cooksey

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