KindNova

The Confidence Check-In

FREE PRINTABLE GUIDE



A gentle reset for noticing what affects your confidence.

kindnova.co.nz

START HERE

Confidence Is Not a Fixed Trait

Confidence can change from day to day. This check-in helps you notice what is happening without turning it into a judgement about who you are.

If this is new to you

A confidence check-in is simply a pause. You are not trying to force yourself to feel amazing. You are noticing what has been strengthening or shrinking your confidence so you can respond more intentionally.

How confident do I feel today?

Write a number from 0 to 10. 0 = very low, 10 = very steady.

Trusting my decisions

How much am I second-guessing myself?

Speaking up

How easy is it to say what I think or need?

Trying something new

How willing am I to be a beginner?

Recovering from mistakes

Can I separate a mistake from my whole identity?

CHECK IN

What Is Affecting My Confidence Today?

Confidence often shifts because of context - pressure, comparison, tiredness, feedback, unfamiliar situations, or the people around us.

Why notice the context?

If you assume low confidence means "there is something wrong with me," you miss useful information. Sometimes the real issue is exhaustion, a difficult interaction, unrealistic pressure, or comparison.

What am I walking into today?

A conversation, task, decision, social situation, work challenge, or something new?

What am I telling myself?

Write the sentence as it sounds in your head.

What does that thought make me do?

Shrink? avoid? over-explain? compare? freeze?

What would help me feel 5% steadier?

Preparation? rest? information? a boundary? a kinder thought? support?

Come Back to What Is Already True

Confidence grows when you deliberately notice evidence, not only fear.

What counts as evidence?

Evidence can be small. Finishing something difficult, asking a question, recovering after a mistake, learning a skill, saying no, showing up tired, or trying again all count.

Something I have handled before

A strength I forget I have

A small win from recently



What does this evidence remind me?

Finish: "I may feel unsure, and I also know..."

NEXT STEP

Choose One Small Act of Self-Trust

Confidence does not always arrive before action. Sometimes one small action creates the evidence that confidence needs.

Keep the step small

Choose something realistic enough that you can actually do it. The goal is not to prove anything dramatic. It is to show yourself, "I can take one step even while I feel unsure."

One small confidence action I can take today

Examples: send the email, ask the question, make the low-stakes decision, say no, wear the thing, try once.

My anchor statement

Write one sentence you want to come back to when self-doubt gets loud.

"You do not need certainty to take a thoughtful next step."

KEEP GOING

Ready to Go Deeper?

This free guide is a starting point. The full journal takes the same ideas further.

The next step

Rebuilding Your Confidence is a 25-page guided journal designed to help you understand self-doubt, build self-trust, challenge harsh self-talk, recognise your strengths, and practise confidence through small, realistic actions.

Rebuilding Your Confidence

CONFIDENCE & SELF-WORTH • 25 PAGES

Printable + digitally fillable

Explore at kindnova.co.nz

"You do not need to become fearless. You only need enough self-trust to take the next step."