

Confidence is built step by step through courageous action.

This roadmap will guide you through the process of moving from self-doubt to courageous action to deeper self-trust.

### Goals & Objectives



#### By following this roadmap, you will:

- Understand the cycle of self-doubt and inaction.
- Learn how to identify and challenge the stories that hold you back.
- Reframe unhelpful thoughts into empowering beliefs.
- Take brave actions aligned with your goals, even when fear is present.
- Reflect with compassion so you can grow instead of selfcriticize.
- Build confidence as a practice, not a destination.

Think about "going for it"

Stay stuck

Cycle of Self-Doubt & Inaction Limiting self-belief

**Eroded confidence** 

Look for confirmation bias

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Phase	Examples
Think about "going for it"	<ul><li>Changing careers</li><li>Ending a relationship</li></ul>
Limiting belief / thought	<ul> <li>I'm too old</li> <li>I'll never find someone better</li> </ul>
Confirmation bias	<ul> <li>If you meet someone who says they had a hard time getting hired after 40, you treat that as "proof" you're right.</li> <li>You notice only the stories of friends who are struggling to date after a breakup</li> </ul>



Phase	Examples
Eroded confidence	<ul> <li>You stop trusting your ability to grow, adapt, bring value, or take risks</li> <li>You question your value and desirablity</li> </ul>
Stay stuck	<ul> <li>You stay in your current career</li> <li>You stay in an unhappy relationship</li> </ul>

### Your Roadmap to Courageous Action

1 Awareness

2 Challenge

3 Reframe

4 Action

5 Reflect

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 Notice when fear, self-doubt, or negative self-talk arises (the limiting belief).

Ask: What's the story I'm telling myself right now?

• Example: "I'm too old to change careers."

# 2 Challenge

 Gently question the story you're telling yourself (limiting belief). Is it fact or fear?

 Ask: Is this story true? What evidence supports or challenges it?

• Example: "I don't know for a fact that I won't be successful in a new career. I haven't even tried, so there is no evidence to support the thought that I'm too old."

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## 3 Reframe

• Choose a new, empowering story.

• Example: "I'm wiser now than when I first chose my current career. I have years of experience, a network of supporters, and a different perspective than when I was younger to support me in my career change."



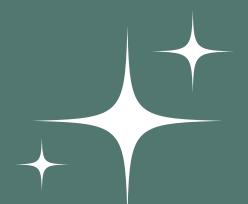
### 5 Reflect

 There will be bumps on your journey. When challenged, reflect with curiosity and kindness, instead of meeting yourself with criticism.

- Treat yourself the way you would a friend.
- Ask: What is working? What is not working? What am I learning on this journey?
- Each challenge is a chance to practice courage. Every action, big or small, is proof that you can trust yourself.

#### Next Steps & Action Plan

- 1. Identify one area of your life where you're holding back due to fear.
- 2. Write down the story you're telling yourself.
- 3. Challenge that story is it fact or fear?
- 4. Reframe it into an empowering belief.
- 5. Take one small courageous action this week.
- 6.Reflect with compassion at the end of the week: What did you learn?



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