



Ce COURAGE & CONFIDENCE ROADMAP



A scenic photograph of a winding asphalt road through a forested mountain valley. The image is overlaid with a semi-transparent teal filter. In the top right corner, there is a white, stylized starburst or spark graphic. The text is centered in the upper half of the image.

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.

we

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 self-criticize.
- Build confidence as a practice, not a destination.

Think about “going for it”

Stay stuck

Cycle of Self-
Doubt & Inaction

Limiting self-belief

Look for
confirmation bias

Eroded confidence

Phase	Examples
Think about “going for it”	<ul style="list-style-type: none">• Changing careers• Ending a relationship
Limiting belief / thought	<ul style="list-style-type: none">• I’m too old• I’ll never find someone better
Confirmation bias	<ul style="list-style-type: none">• If you meet someone who says they had a hard time getting hired after 40, you treat that as “proof” you’re right.• You notice only the stories of friends who are struggling to date after a breakup



Phase	Examples
Eroded confidence	<ul style="list-style-type: none">• You stop trusting your ability to grow, adapt, bring value, or take risks• You question your value and desirability
Stay stuck	<ul style="list-style-type: none">• You stay in your current career• You stay in an unhappy relationship

Your Roadmap to Courageous Action

1 Awareness

2 Challenge

3 Reframe

4 Action

5 Reflect

1 Awareness

- 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."



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.”

4 Action

Do the thing, even if it feels scary.

Confidence grows through action.

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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INSTAGRAM: @YOURCOACHYAS
EMAIL: YASMINE@HERASCENTCOACH.COM
WEBSITE: HERASCENTCOACH.COM

