

The Confidence Rebuild Kit

Rebuilding self-trust, self-worth,
and small brave moments



When Confidence Feels Far Away

Confidence is believing in your abilities.

After trauma or long periods of struggle, self-belief often disappears.

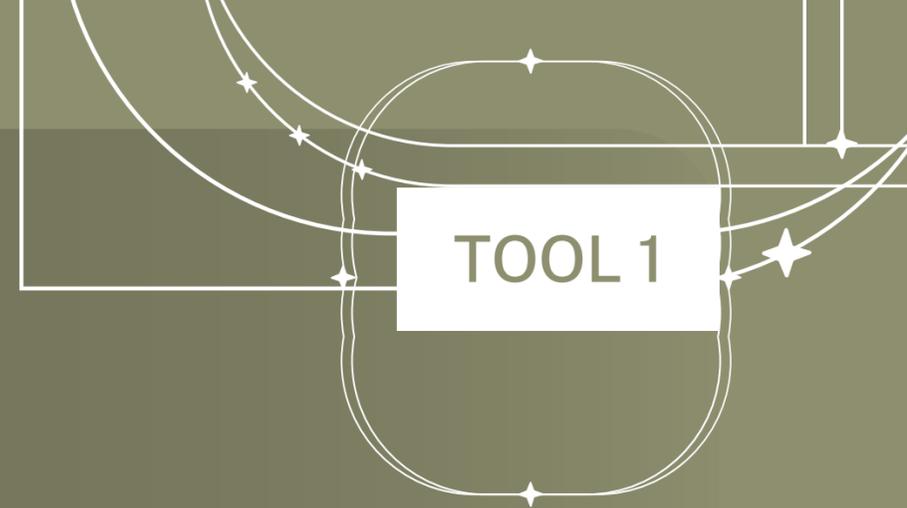
You might question your voice, your decisions, your worth.

This toolkit won't shout at you to "be confident." Instead, it will help you rebuild - one small, honest step at a time.

You haven't lost yourself, you're reconnecting.



“Remember When...” Reflection



Remind Yourself What You've Done

Think back to a time when you:

- Spoke up for yourself
- Survived something hard
- Helped someone else
- Made a brave choice

Write down 3 of these moments, big or small.

You've already done difficult things.

This is evidence that you're stronger than you feel right now.

Self-Worth Affirmation Cards

TOOL 2

Choose 3 affirmations that feel believable today:

- I am allowed to take up space
- My voice matters, even when it shakes
- Confidence is built, not born
- I can start again without shame
- I am learning to trust myself again



Create your own version, or write them on sticky notes. Repeat daily.

Barriers to Confidence

01 Negative self-talk

That quiet inner critic can chip away at your belief in yourself before you even begin.

02 Comparison culture

When we measure our worth against others, we forget how far we've already come.

03 Past trauma or criticism

Old wounds and harsh words can echo loudly, making it hard to trust your voice again.

04 Perfectionism

The pressure to get it “just right” can block you from taking any step at all.

05 Lack of support

Confidence often grows in connection — without support, it's easy to feel lost or unsure.

Self-awareness is the foundation

Step 01



Identify your values



Journal about moments



What makes you feel small



Speak Kindly to Yourself

Step 02



01

Practice positive affirmations

02

Replace “I can’t” with “I’m learning”

03

Treat yourself with great respect



Step 03

Take Action

Confidence grows through action,
not just thoughts

Surround Yourself With Support

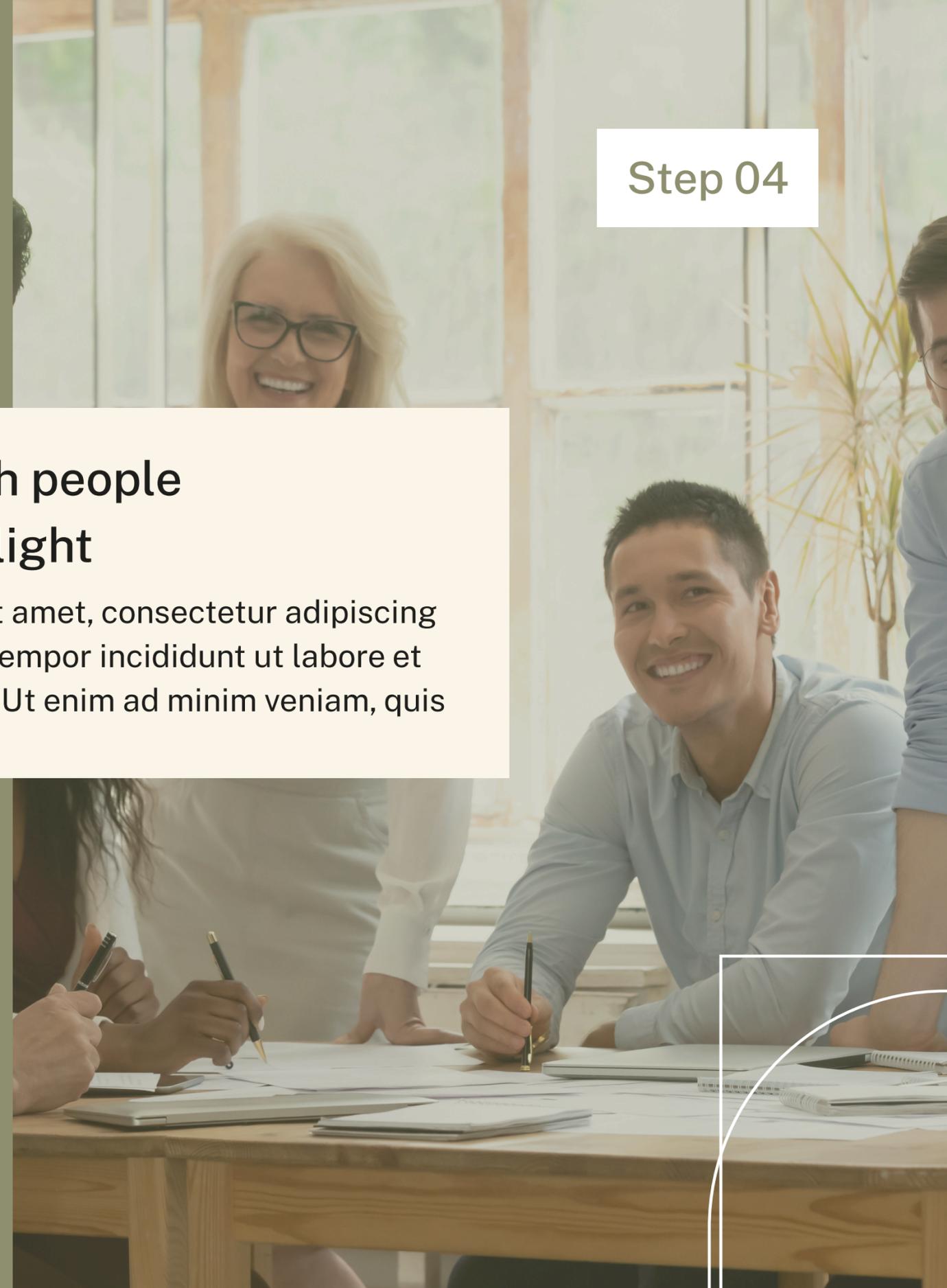
Step 04

Find empowering friends & mentors

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Limit time with people who dim your light

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Celebrate Progress, Not Perfection

Step 05



**Keep a “confidence
wins” journal**



**Celebrate each
step forward**



**Let go of the need
to be flawless**

Confidence is a practice, not a personality trait.



01

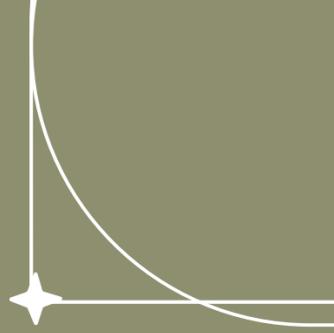
Show up for yourself every day

02

Own your story, your voice, your presence

03

You are already enough now start believing it



Try something you've been afraid to do

You don't have to be someone else to be confident.

- Reduces self-doubt
- Improves mental health
- Care of your body
- love yourself





Becoming the best
version of yourself starts
with self-confidence.

Share this message with somebody who needs it

Thank You

Focus on your own journey. Everyone has their own pace and rhythm.

