

THE UPSIDE TEACHING GUIDE

EPISODE 42: Overcoming Fear: Awareness and Action Framework

7 Truths to Rebuild Your Confidence

Use this for journaling, coaching, or team discussion. Confidence isn't something you're born with—it's something you build, one promise, one step, one truth at a time.

Keep the Promises You Make to Yourself

When I _____ (specific action you've been avoiding), I'm going to follow through—because keeping my word to myself builds trust.

My next promise to myself is: _____

I'll know I've kept it when: _____

Know Your Strengths and Weaknesses

My top three strengths are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

An area I'm trying too hard to be "good" at that drains me: _____

Don't Compare Your Insides to Everyone Else's Outsides

Someone I often compare myself to is: _____

What they show on the outside vs. what I don't see: _____

Instead of comparing, I will focus on: _____

Do Hard Things on Purpose

A hard thing I've been avoiding is: _____

Why I've avoided it: _____

What confidence might grow if I do it anyway: _____

Confidence Often Looks Like Courage

One area where I need to take courageous action is: _____

What courage looks like in this situation: _____

One small brave step I can take today: _____

Borrow Someone Else's Confidence

A person who believes in me is: _____

What they say or see in me that I don't see: _____

How I can borrow their belief this week: _____

Remember: Your Worth Isn't Tied to Your Performance

Where I've been tying my worth to results: _____

A truth I want to remember about my value: _____

A reminder or affirmation I'll repeat daily: _____