



# Confidence Log

Use this weekly log to reconnect with your confidence, acknowledge your wins (big or small), and remember the strength you bring to each day. This tool is designed to rewire your brain's natural negativity bias and give you evidence of your own resilience.

Each week, jot down a few things under each category:

What I Did Well This Week	What I'm Proud Of	One Thing I Handled Better Than Expected

## Weekly Confidence Reflection Prompt:

What's one thing I learned about myself this week that surprised me, in a good way?

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