

Prime Confidence Mindset Journal Page

1. What situation recently challenged your confidence? How did you react?
2. What thoughts or beliefs came up in that moment? Were they helpful or limiting?
3. How can you reframe those thoughts using a growth mindset or flexible thinking?
4. What would self-compassion say to you in that moment?
5. What does 'Prime Confidence' look and feel like to you?
6. What small step can you take today to strengthen your mindset and build resilient confidence?