

CONFIDENCE BUILDING JOURNEY

Tracking progress through action and reflection

PHASE 1: AWARENESS & COMFORT ZONE

Current fears identified:

PHASE 2: MICRO-CHALLENGES

Small risks taken this week:

PHASE 3: SKILL ACQUISITION

New competencies developed:

PHASE 4: RESILIENCE TESTING

Obstacles overcome & lessons learned:

PHASE 5: SELF-ADVOCACY

Moments I spoke up for myself:

Confidence is a muscle built through repetition. Document every small win.