

30 Tiny Confidence Moves

5 Minutes a Day • One Small Step at a Time

NOTE: When you have completed the 30-day challenge, email to contact@cathchan.com to claim your reward after you answer 3 simple questions!

☐ Day 1
Write down one worry about your future. Ask yourself: "Is this a fact or just a fear?"

☐ Day 2
What would you say to encourage yourself today?

☐ Day 3
Watch one interview tip video (under 5 minutes).

☐ Day 4
Keep it up! How will you celebrate your small win today?

☐ Day 5
Write down one thing you did well this week.

☐ Day 6
Say "thank you" instead of brushing off a compliment.

☐ Day 7
Catch one negative thought today. Simply notice it without judging yourself.

☐ Day 8
Good progress! How will you celebrate your small win today?

☐ Day 9
Write one sentence beginning with: "People can count on me because..."

☐ Day 10
Make eye contact and smile at the cashier or barista.

☐ Day 11
Look in the mirror and say, "I'm learning. I'm improving."

☐ Day 12
Keep going! How will you celebrate your small win today?

☐ Day 13
Listen to one motivational podcast for five minutes while commuting.

☐ Day 14
Write down one thing you like about yourself that isn't about grades.

☐ Day 15
Think of one problem you solved recently, even if it was something small. What strength(s) did you use?

☐ Day 16
Look how far you've gone! How will you celebrate your small win today?

☐ Day 17
Stay off social media for one hour if you find yourself comparing yourself to others.

☐ Day 18
Read one job description. Highlight one skill you already have.

☐ Day 19
Ignore the final outcome for a moment and just praise yourself for starting the task.

☐ Day 20
Spend just 2 minutes tidying your desktop or laptop.

☐ Day 21
Tell yourself: "I don't need to know everything to begin."

☐ Day 22
Think of one school project. What skill did it develop?

☐ Day 23
You are doing great! How will you celebrate your small win today?

☐ Day 24
Stop comparing yourself for one hour.

☐ Day 25
Put your phone away for 10 minutes and focus on one task.

☐ Day 26
Remind yourself that "feeling unqualified" is an emotion, not a factual reflection of your abilities.

☐ Day 27
Who can you encourage today?

☐ Day 28
Write one thing you're grateful for about yourself.

☐ Day 29
Finish this sentence: "The next small step I can take is..."

☐ Day 30
Look back at Day 1. Notice how much more aware and confident you've become. Celebrate yourself!