

7 Days to Start Showing Up With Confidence

Change doesn't happen all at once.

It happens in small, brave moments—when you choose to show up differently.

This 7-day reset is designed to help you take those steps.

Day 1: Awareness

Notice where you hold yourself back today. No judgement—just awareness.

Day 2: Body

Walk into a room with intention: slow down, lift your posture, breathe.

Day 3: Voice

Speak a little more than you usually would. Don't overthink it.

Day 4: Eye Contact

Hold eye contact for a moment longer than feels comfortable.

Day 5: One Brave Thing

Do one thing you've been avoiding (big or small).

Day 6: Reframe

Catch a negative thought and consciously rewrite it.

Day 7: Integration

Reflect: What has shifted? What felt different?

Reflection

What would change in your life if you kept showing up like this?

If you're ready to go deeper, book a session or connection call.