

Mindset Managed

Confidence Challenge

Checklist

1. Gratitude for hard times
2. Fears List & Face one
3. Leave the house without your phone
4. Do that thing you've been putting off
5. Do something you've never done before
6. Journal as if you were your ideal self
7. Create a ME-board
8. Write a love letter to yourself
9. Social Media detox
10. Express your deep love for someone
11. Create a confident dude mantra
12. Wear a bold colour or sexy item
13. Cook for a group of people
14. Write a badass bitch list
15. Work in a public setting
16. Ideal self board/ list & plan of action
17. Strike up a conversation with a stranger
18. Record a mini video of yourself
19. Selfie post in public
20. Set a daring goal
21. 3 years ago you compared to current you
22. Failures List
23. Stop apologising today
24. Move your body in a new way
25. Laugh off a joke or comment made about you
26. Eat or drink alone in public
27. "But I've got this" statements
28. Make faster decisions
29. Tell a story to a group of people
30. Do something scary/new without a plan
31. Announce & share that you did the challenge



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Well done for completing the Confidence Challenge, you badass mo'fo!