

Confidence Toolkit: Reclaim Your Voice and Trust Yourself Again

–Coach Gayathri Murukan





**Hi, I'm Gayathri Murukan, your Mindset transformation Specialist.
Welcome to the Confidence toolkit.**

All of us need that extra dose of confidence.
A lot of times we lack confidence because of our past negative experiences. This can include criticism growing up, bullying , judgemental families and abuse.

So what is confidence?

Confidence is trusting yourself even when the outcome is uncertain. It's showing up as you are without needing to prove or please. It's not the absence of fear, but the courage to move forward anyway.

SECTION 1: Confidence

“Confidence isn’t about being the loudest in the room — it’s about trusting yourself in the silence.”

Confidence isn’t perfection.

It isn’t knowing everything.

It isn’t never feeling fear.

Confidence is:

- ◆ Trusting yourself to figure things out.
- ◆ Believing in your worth, even without applause.
- ◆ Showing up when it’s hard.
- ◆ Accepting who you are, while still growing.

It’s not about being fearless, it’s about taking action anyway.

REFLECTION PROMPT:

What have you been taught confidence should look like?

What does it feel like in your body when you’re confident?

SECTION 2: SIGNS YOU'RE READY TO REBUILD CONFIDENCE

“Readiness doesn’t mean you feel bold . It just means you’re done hiding.”

You know you’re ready when:

You’re tired of second-guessing yourself.

You’ve outgrown the mask of “having it all together”.

You feel something inside you wants more.

You’re done shrinking to make others comfortable.

You want to show up — not perfectly, but honestly.

REFLECTION PROMPT:

Where in your life are you most craving confidence right now?

What would change if you trusted yourself even 10% more?

SECTION 3: CONFIDENCE SABOTEURS TO WATCH OUT FOR

“It’s not your lack of ability — it’s the stories you’ve been told that you believed.”

Beware of the patterns that chip away at your self-trust:

Comparison — thinking someone else's path invalidates yours.

Overthinking — drowning in “what ifs” and perfectionism

People-pleasing — saying yes when your soul says no

Past mistakes — replaying old failures like a highlight reel

External validation — needing others to confirm your worth

REFLECTION PROMPT:

Which one of these feels most familiar?

How has it held you back from showing up fully?

SECTION 4: DAILY CONFIDENCE RITUALS

“Confidence grows through repetition. Small wins, stacked daily.”

You don't need a complete life overhaul.

You just need small, repeatable rituals that build belief.

Start here:

- Speak one kind thing to yourself every morning
- Finish one small task you've been avoiding.
- Wear something that makes you feel powerful.
- Say no once a day — and don't explain.
- Stand tall and take three slow, deep breaths before any big moment.

REFLECTION PROMPT:

Which of these rituals can you start practicing this week?

SECTION 6: REWRITING THE INNER CRITIC

“If your inner critic was a friend, would you keep her around?”

The voice inside your head isn’t always yours — it often belongs to old fear, criticism, or comparison.

Let’s learn to reframe these thoughts:

INSTEAD OF: “I always mess things up.”

TRY: “I’ve made mistakes, but I keep learning.”

INSTEAD OF: “What will they think?”

TRY: “What do I think and does it align with my values?”

INSTEAD OF: “I’m not ready for this.”

TRY: “I’ll start small and grow stronger.”

REFLECTION PROMPT:

What’s one recurring thought that holds you back?

How can you reframe it with self-compassion?

SECTION 8: CONFIDENCE REFLECTION JOURNAL

“Clarity creates confidence. Writing brings clarity.”

Journal your way into your confident self with these questions:

When did I feel most powerful this month?

What have I overcome that I forget to celebrate?

What makes me feel most like me?

What do I want to believe about myself going forward?

What does the confident version of me need from me today?

5-DAY CONFIDENCE CHALLENGE

“The more you act like the woman you want to be, the more you become her.”

Try this mini challenge to build momentum:

Day 1: Say one affirmation in the mirror.

Day 2: Do one thing you've been avoiding.

Day 3: Speak up in one conversation.

Day 4: Wear something bold (even at home).

Day 5: Reflect and journal on your growth

Congratulations !

Your NEXT STEP to empowerment is THE CARE PROGRAM

“Confidence is a result — but CARE is the process.”

You’ve just taken powerful steps toward your confidence journey.
Imagine what’s possible when you go deeper with the **CARE Program**.

Through Clarity, Awareness, Release, and Empowerment, you’ll not only build confidence — you’ll embody it.

Ready to reclaim your voice and lead from within?

Book a discovery call with me or sign on to the next CARE workshop happening soon.

Change is possible. It all begins from taking the first step

-Coach Gayathri

www.gayathrimurukan.com

@coachgaya3m