

IT IS MY YEAR.

Practise everyday confidence

Take small, manageable steps in expressing yourself. These prompts are for everyday practice and reflection.

30 daily prompts · Start whenever you choose

Choose one prompt a day, or take longer. Use the writing space for your own thoughts, then tick the box when you have taken that step. Missing a day does not mean starting over.

My goal: _____

My start date: _____

DAY 01 · Notice your strengths

Write down one situation in which you would like to feel more confident.

☐ I took this step

DAY 02 · Notice your strengths

Remember a difficult thing you handled and name what helped.

☐ I took this step

DAY 03 · Notice your strengths

Write one strength you use in daily life.

☐ I took this step

DAY 04 · Notice your strengths

Practise introducing yourself in one clear sentence.

☐ I took this step

DAY 05 · Notice your strengths

Ask a small question you would usually leave unasked.

☐ I took this step

DAY 06 · Notice your strengths

Give someone a specific, sincere compliment.

☐ I took this step

DAY 07 · Notice your strengths

Reflect on what felt easier than expected this week.

☐ I took this step

DAY 08 · Use your voice

Share one preference in a low-pressure situation.

☐ I took this step

DAY 09 · Use your voice

Prepare a sentence for asking for help.

☐ I took this step

DAY 10 · Use your voice

Use that sentence with someone you trust.

☐ I took this step

DAY 11 · Use your voice

Notice one unhelpful assumption and write an alternative explanation.

☐ I took this step

DAY 12 · Use your voice

Practise a polite boundary out loud.

☐ I took this step

DAY 13 · Use your voice

Take a small step towards a conversation you have postponed.

☐ I took this step

DAY 14 · Use your voice

Review the week without judging yourself for discomfort.

☐ I took this step

DAY 15 · Try a small stretch

Choose a manageable new activity to try.

☐ I took this step

DAY 16 · Try a small stretch

Prepare one question before a meeting or conversation.

☐ I took this step

DAY 17 · Try a small stretch

Ask your question when an appropriate opportunity appears.

☐ I took this step

DAY 18 · Try a small stretch

Listen without planning your reply for one conversation.

☐ I took this step

DAY 19 · Try a small stretch

Accept a compliment with a simple thank you.

☐ I took this step

DAY 20 · Try a small stretch

Write down something you learnt from an imperfect attempt.

☐ I took this step

DAY 21 · Try a small stretch

Review which people and settings help you feel at ease.

☐ I took this step

DAY 22 · Carry it forward

Explain an idea to a trusted person in two minutes.

☐ I took this step

DAY 23 · Carry it forward

Ask for specific feedback on one thing you are practising.

☐ I took this step

DAY 24 · Carry it forward

Say no kindly to a small request if you genuinely need to.

☐ I took this step

DAY 25 · Carry it forward

Do one enjoyable thing without needing to be good at it.

☐ I took this step

DAY 26 · Carry it forward

Notice a moment you spoke honestly or acted with care.

☐ I took this step

DAY 27 · Carry it forward

Repeat a small stretch from earlier in the month.

☐ I took this step

DAY 28 · Carry it forward

Review what you want to keep practising.

☐ I took this step

DAY 29 · Carry it forward

Write an encouraging note for a future difficult day.

☐ I took this step

DAY 30 · Carry it forward

Choose your next manageable step and someone who can support you.

☐ I took this step

My next small step

What worked? What will I keep doing? What support would help me continue?

This programme is a general reflection and organisation guide. It does not promise an outcome or replace personalised professional advice. The download contains the prompts, not your private saved answers.