



EWE BE YOU PODCAST

Episode 6 Workbook

Rebuilding Confidence From the Inside Out

Confidence is self-trust in motion.

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Action Step One: Your Strength List

Confidence grows when you remember who you are. This exercise is not about proving yourself — it's about reclaiming truth.

Instructions: Write a list of your strengths. Include qualities, skills, resilience, and moments you're proud of — even if they feel small.

[illegible]

Action Step Two: Create Your Confidence Anchor

A confidence anchor is something you return to when self-doubt appears. It can be a word, a phrase, a posture, or a breath that reminds you that you are safe and capable.

Reflection: What helps you feel grounded, steady, or calm?

Grounding Meditation: A 2-Minute Confidence Reset

Use this grounding practice whenever confidence feels shaky. You can return to this as often as needed.

- Sit comfortably with both feet on the floor.
- Place one hand on your chest and one on your belly.
- Inhale through your nose for 4 counts.
- Hold gently for 2 counts.
- Exhale slowly through your mouth for 6 counts.
- Repeat for 5 rounds.

After the meditation, reflect:
