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31 Day Confidence Challenge

A **31-day confidence challenge** is a daily commitment to small, intentional actions that build self-trust, courage, and self-worth.

Each day offers a prompt—like speaking up, reflecting on a win, or setting a boundary—that helps you stretch your comfort zone and reinforce your inner strength.

By the end of the 31 days, you've created a habit of showing up for yourself and celebrating your growth.

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Here's a 31-Day Confidence Challenge to help you build self-trust, stretch your comfort zone, and celebrate your growth—one intentional step at a time:

Day 1: ☐ Write down 10 things you're proud of

Day 2: ☐ Say 3 affirmations in the mirror

Day 3: ☐ Do one thing that scares you (just a little)

Day 4: ☐ Keep a promise to yourself

Day 5: ☐ Compliment someone sincerely

Day 6: ☐ Reflect on a past win—how did you earn it?

Day 7: ☐ Go tech-free for an hour and be fully present

Day 8: ☐ Try something new (a recipe, a route, a skill)

Day 9: ☐ Speak up in a group, meeting or with friends/family

Day 10: ☐ Write a letter to your younger self

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Day 11: ☐ Wear something that makes you feel powerful

Day 12: ☐ Say "no" to something that drains you

Day 13: ☐ Ask for feedback and receive it with curiosity

Day 14: ☐ Move your body in a way that feels energizing

Day 15: ☐ Share a personal story with someone

Day 16: ☐ Do something kind anonymously

Day 17: ☐ Set a boundary and honor it

Day 18: ☐ Revisit your Day 1 list and add 3 more wins

Day 19: ☐ Learn something new (podcast, article, video)

Day 20: ☐ Celebrate a small win with a reward

Day 21: ☐ Write down 5 things you love about yourself

Day 22: ☐ Ask for help—it's a strength, not a weakness

Day 23: ☐ Say "yes" to an opportunity you'd usually avoid

Day 24: ☐ Practice a power pose for 2 minutes

Day 25: ☐ Reflect on a failure and what it taught you

Day 26: ☐ Do something creative—just for fun

Day 27: ☐ Reach out to someone who inspires you

Day 28: ☐ Declutter one space in your home or workspace

Day 29: ☐ Teach someone something you know well

Day 30: ☐ Write a reflection on how you've grown the past 30 days

Day 31: ☐ Craft Your Confidence Manifesto - Write a short statement that captures who you are when you're at your most confident. Include your values, strengths, and the mindset you want to carry forward. Think of it as your personal mission statement—a reminder of what you've built and where you're headed.

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Confidence Challenge Reflection Page

Name: _____

Start Date: _____

End Date: _____

What I Learned About Myself

(What surprised you? What strengths did you uncover?)

My Favorite Challenge Days

(Which prompts made the biggest impact and why?)

Mindset Shifts I Noticed

(How did your thoughts or self-talk change over the month?)

My Proudest Moment

(What action or breakthrough are you most proud of?)

What I'll Keep Doing

(Which habits or practices will you carry forward?)

Final Thoughts

(Any words of encouragement to your future self?)

You've made it to Day 31—and that's no small thing.

This challenge wasn't about perfection; it was about *showing up for yourself*, one intentional step at a time.

Every action you took was a deposit into your confidence bank, and now you've got a balance worth celebrating.

You've proven that confidence isn't something you're born with—it's something you build.

Keep going. Keep growing. And when in doubt, flip back to Day 1 and remind yourself just how far you've come.

Explore our full lineup of follow-up support:

For Athletes, Sports Teams, Coaches and Parents:
1:1 Coaching – Personalized mindset and leadership coaching for student-athletes
Team Workshops – Build trust, communication, and accountability – sports and organizations
Programs for Parents – Learn how to support your athlete without adding pressure
Coach Training – Tools to lead mentally strong teams and build a championship culture

For Organizations and Leaders:
1:1 Coaching – Personalized mindset and leadership coaching for current and future leaders
Team Workshops – Build trust, communication, resilience, engagement and accountability within your organizations and teams.

Let's keep the momentum going.

Contact us at koberle@acceshumanpotential.com
Schedule a discovery call: https://calendly.com/koberle-1/discovery

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