



Cultivating
CONFIDENCE

COACH *Kiah*





You, my friend, are the
main character
of your own life.

The possibilities for your life are only limited
by your own belief of what's possible.

Only you get to decide.

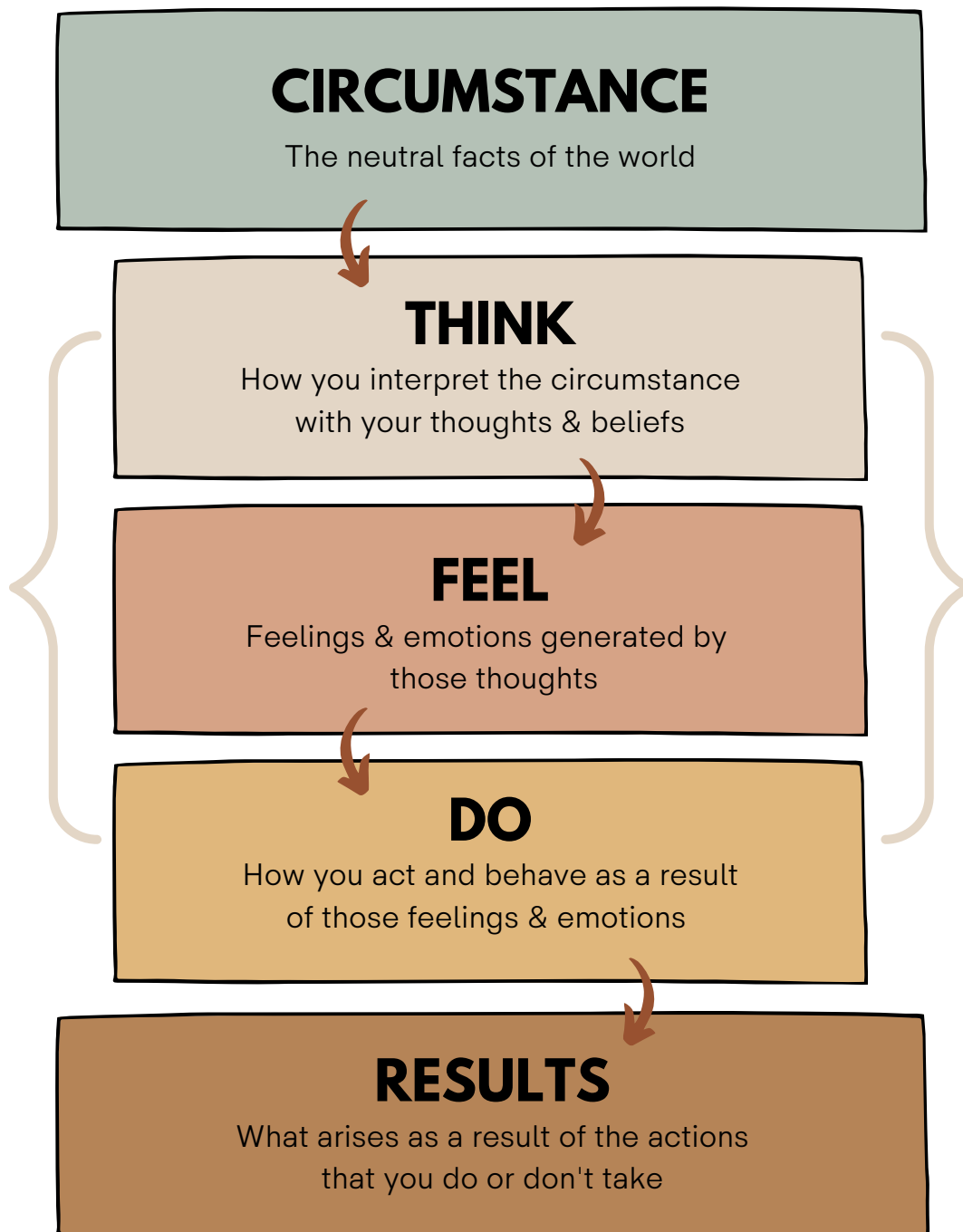
Instead of living life on autopilot, let's live life
on purpose to create the life we want for
ourselves, the life we deserve.

With baby steps, intentional habits, and
mindful living, it's time to bring our big, bold
dreams to life while cultivating confidence
every step of the way.

XOXO,
COACH *Kiah*

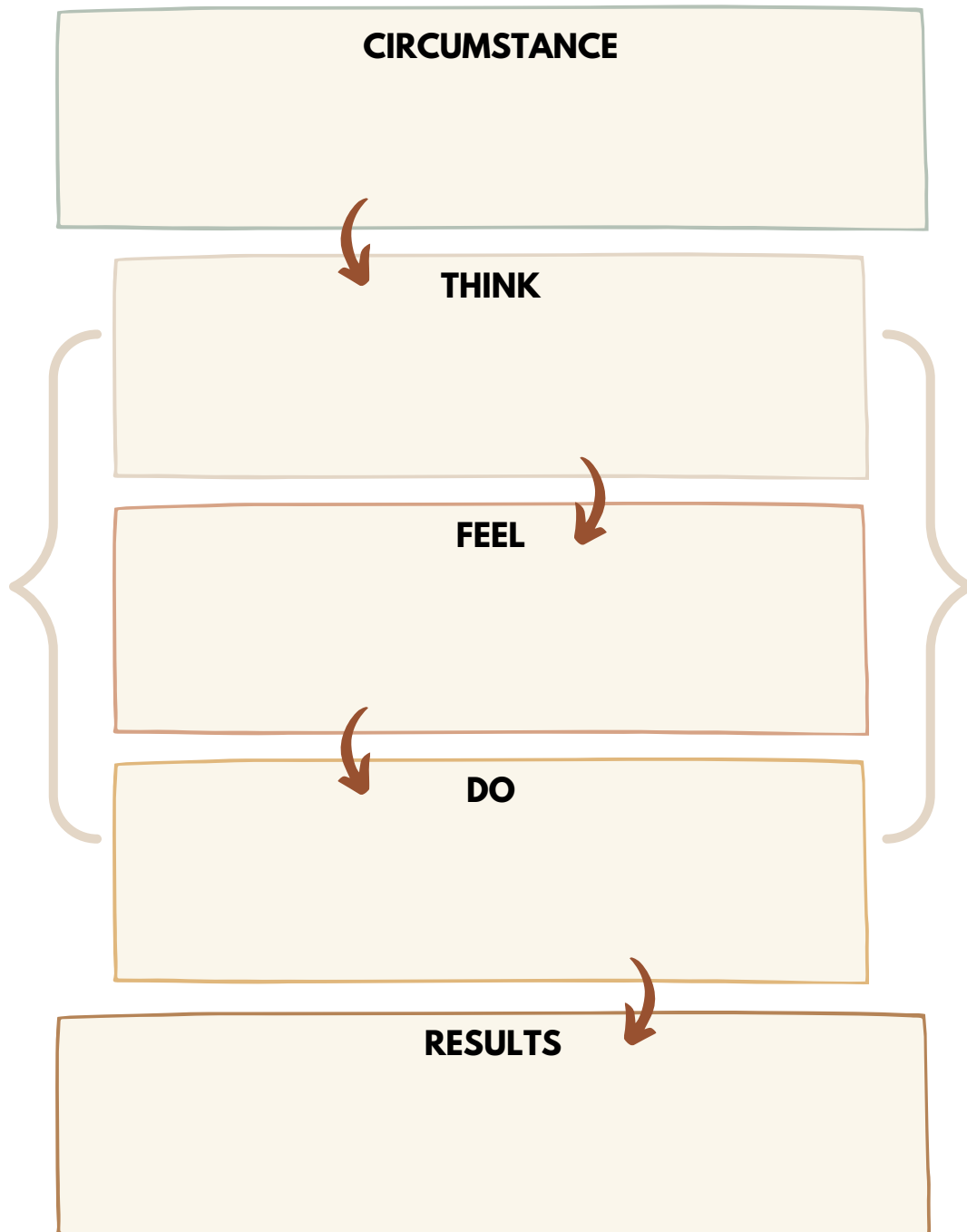
Think-Feel-Do CYCLE

(based on cognitive behavioral therapy)



Think-Feel-Do CYCLE

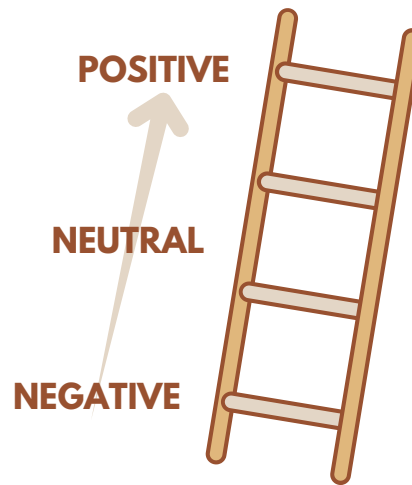
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Mindset Tools

LADDER THOUGHTS

Affirmations and thoughts aren't as effective when we don't believe them yet. Sometimes the best place to begin is neutralizing the negative thought before practicing a positive one. Uplevel your thoughts and beliefs with baby steps!



BRIDGE PHRASES

A powerful tool for stretching your belief while meeting yourself where you're at is by adding a bridge phrase in front of affirmations or goal thoughts such as, "I am learning," or, "I am learning to believe..."

I believe
or I am learning to believe...



Highest Self

MAIN CHARACTER ENERGY

Imagine your future, highest self five years from now without any limitations. Without censoring yourself, visualize the most confident version of yourself.

Where do you live and spend your time?

Are you traveling somewhere? What do you see?

Who are you with? Who do you surround yourself with?

What do you look, and more importantly, FEEL like?

What types of clothes are you wearing?

What type of a person are you?

What's the first thing you do when you wake up in the morning?

What's the last thing you do before bed?

What do you do for fun?

What do you do for work? How much money do you make?

The way we become our future selves is by embodying their habits starting today.



WEEK OF

Highest Self HABIT TRACKER

Time to embody *main character* energy.

GOAL

	M	T	W	T	F	S	S
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WHAT WORKED:

TO IMPROVE ON:



Today's Intentions

Do something today your future self with thank you for.

DATE:

S M T W T F S

GOAL I'M WORKING TOWARD:

TODAY'S BABY STEP FORWARD:











AFFIRMATION OF THE DAY:

MOVEMENT

BREAKFAST

LUNCH

DINNER

SNACK





NOTE TO SELF:

.....

I am the MAIN CHARACTER of my own life.

Daily Routines

Morning

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Night

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

THINGS I'M GRATEFUL FOR:

-
-
-

WINS I'M CELEBRATING:

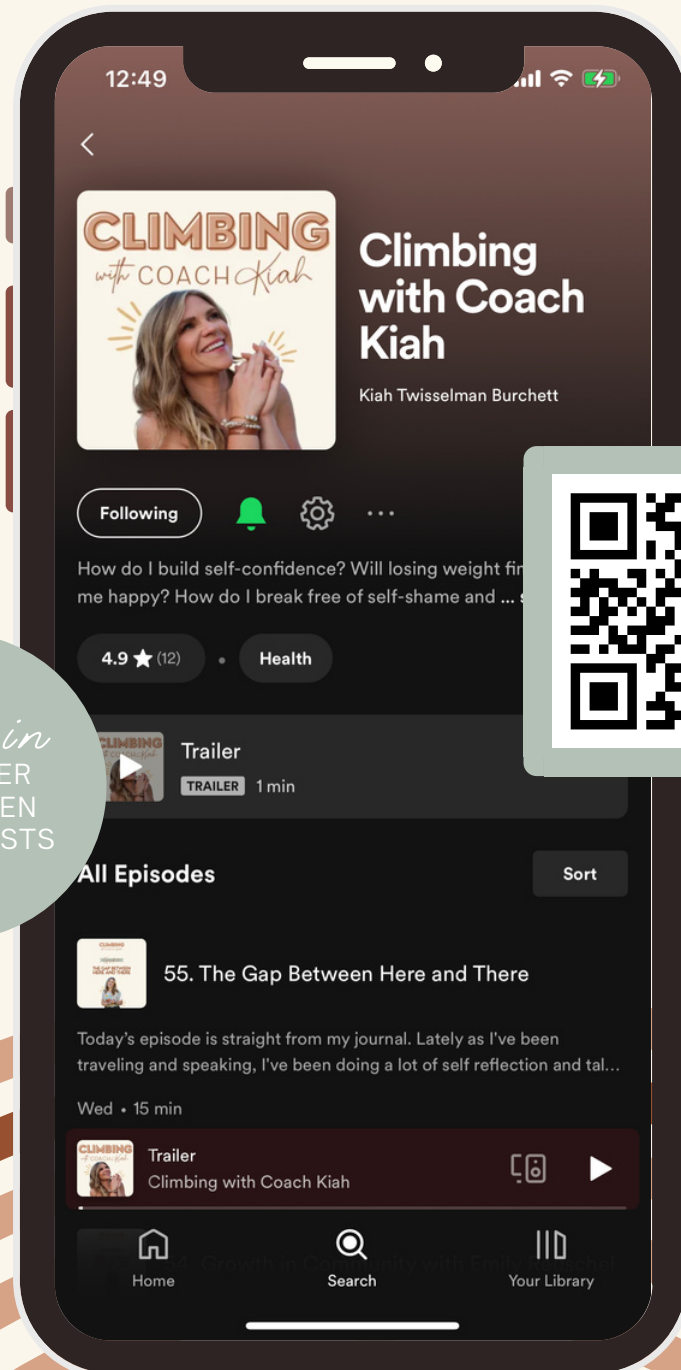
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Listen and follow!

WEEKLY PODCAST

- NEW EPISODE EVERY WEDNESDAY -



Tune in
WHEREVER
YOU LISTEN
TO PODCASTS

Scan to listen!



This journey
IS NEVER-ENDING.

The real goal is not to "arrive" at some destination, but instead to learn how to find joy in the journey of getting there.

After all, that's where life actually happens. Might as well make it fun, right?

