



BONUS 1

THE CONFIDENCE RECOVERY *Workbook*



PRACTICAL TOOLS. DAILY ACTIONS. **LASTING CONFIDENCE.**



CALM YOUR
MIND



STRENGTHEN
YOUR BODY



COMMUNICATE
OPENLY



IMPROVE
INTIMACY



TRACK YOUR
PROGRESS

YOUR WORKBOOK. YOUR JOURNEY. **YOUR COMEBACK.**

Bonus 1

The Confidence Recovery Workbook

A practical companion workbook to help readers apply the lessons from 'No More Shame' through reflection, tracking, and simple daily exercises.

Confidence Check-In

- Rate today's confidence (1-10): ____
- Biggest concern today: ____
- One thing I did well: ____
- One action for tomorrow: ____

20-Minute Calm Reset

- ☐ Slow breathing (3 min)
- ☐ Write your fear
- ☐ Replace it with a balanced thought
- ☐ Body relaxation
- ☐ Choose one healthy action

Trigger Tracker

- Situation: ____
- Thought: ____
- Emotion: ____
- Healthier response: ____

Weekly Wellness Score

- Sleep: ____/10
- Exercise: ____/10
- Nutrition: ____/10
- Stress: ____/10
- Overall confidence: ____/10

Communication Reflection

- Did I communicate openly?
- What went well?
- What can improve?

30-Day Goals

- Goal 1: ____
- Goal 2: ____

- Goal 3: _____
- Reward: _____

Daily Commitment

- Today I choose progress over perfection. I will build confidence through healthy habits, honest communication, and consistent action.