**Daily Confidence Tracker**

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. One Success I Achieved Today:**

**2. One Thing I'm Proud Of Today:**

**3. One Small Action I Took Toward My Goals:**

**4. How I Felt After Taking Action:**

**5. Positive Affirmation for Tomorrow:**

**Instructions:**

* Fill this out every evening.
* Keep it somewhere visible (like your bedside table).
* Review your week at the end of each Sunday to celebrate progress!

**Remember:** Small steps every day lead to lasting, unshakable confidence.