

A FREE GIFT FROM THE PRETTY TRUTH

The 30-Day Confidence Challenge

Because confidence is built in the small moments, not the big ones.

Confidence doesn't show up one morning while you're sipping your coffee thinking, *I finally feel like her*. It's built in the quiet decisions you make every single day when no one is watching.

For the next 30 days, you're going to practice five small shifts that confident women do differently. Five minutes a day. One small action. That's all.

The 5 Daily Shifts

One pillar each day. Six rounds across thirty days.



Trust

Keep one promise to yourself.



Action

Move before you feel ready.



Voice

Speak to yourself differently.



Visibility

Let yourself be seen.



Self-Trust

Stop needing everyone to agree.

HOW TO USE THIS

- **Print page 2 and put it somewhere you'll see it.** The fridge, your nightstand, the inside of your planner. Out of sight is out of mind.
- **Do one action per day.** Five minutes or less. The whole point is small and consistent, not big and dramatic.
- **Check the box when it's done.** The check mark is the point. You're building proof that you keep your word to yourself.
- **If you miss a day, just keep going.** No starting over. Confidence is built by women who don't quit on themselves over one off day.
- **At day 30, come back to page 3.** The reflection prompts are where the real shift gets named.

THE PRETTY TRUTH

"Confidence isn't built in one big moment. It's built in the small choices you make every day when you decide to show up for yourself just a little more than you did yesterday."

Your 30-Day Tracker

One small action each day. Check it off. Keep going.

● Trust ● Action ● Voice ● Visibility ● Self-Trust

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| Day 1 ● Trust Pick one tiny thing you'll do today and actually do it. <input type="checkbox"/> | Day 2 ● Action Send the message you've been overthinking. <input type="checkbox"/> | Day 3 ● Voice Catch one "I can't" today and switch it to "I'm learning." <input type="checkbox"/> | Day 4 ● Visibility Speak first in a meeting or group conversation today. <input type="checkbox"/> | Day 5 ● Self-Trust Make one decision today without polling anyone. <input type="checkbox"/> | Day 6 ● Trust Drink the water. Take the walk. The small one you keep skipping. <input type="checkbox"/> |
| Day 7 ● Action Sign up, register, or schedule the thing you've been putting off. <input type="checkbox"/> | Day 8 ● Voice Replace "I'm so behind" with "I'm exactly where I am." <input type="checkbox"/> | Day 9 ● Visibility Wear what you actually want to wear today. <input type="checkbox"/> | Day 10 ● Self-Trust Disagree with someone politely today. Let it stand. <input type="checkbox"/> | Day 11 ● Trust Set a small bedtime tonight and actually keep it. <input type="checkbox"/> | Day 12 ● Action Apply, pitch, or ask for the thing today. <input type="checkbox"/> |
| Day 13 ● Voice Catch one comparison thought and let it go. <input type="checkbox"/> | Day 14 ● Visibility Share an opinion you usually keep quiet. <input type="checkbox"/> | Day 15 ● Self-Trust Trust your gut on one small choice today, no second-guessing. <input type="checkbox"/> | Day 16 ● Trust Do the workout, the journal, the 10 minutes you promised yourself. <input type="checkbox"/> | Day 17 ● Action Have the conversation you've been avoiding. <input type="checkbox"/> | Day 18 ● Voice Notice when you say "sorry" without needing to. Skip it once. <input type="checkbox"/> |
| Day 19 ● Visibility Share something honest with one person today. <input type="checkbox"/> | Day 20 ● Self-Trust Let someone disagree with you without changing your mind. <input type="checkbox"/> | Day 21 ● Trust Honor a no you said. Don't take it back. <input type="checkbox"/> | Day 22 ● Action Press send on the email sitting in your drafts folder. <input type="checkbox"/> | Day 23 ● Voice Look in the mirror and say one true, kind thing out loud. <input type="checkbox"/> | Day 24 ● Trust Take up the whole seat today. Stand at full height. <input type="checkbox"/> |
| Day 25 ● Self-Trust Tell someone what you actually want, no softening. <input type="checkbox"/> | Day 26 ● Trust Show up to the thing on your calendar, even if you don't feel like it. <input type="checkbox"/> | Day 27 ● Action Try the thing you've been "researching" forever. Just begin. <input type="checkbox"/> | Day 28 ● Voice Receive a compliment with "thank you" and nothing else. <input type="checkbox"/> | Day 29 ● Visibility Post the photo. Send the voice note. Be a little brave. <input type="checkbox"/> | Day 30 ● Self-Trust Look back at all 30 days. Notice how much you trusted yourself. <input type="checkbox"/> |

THE PRETTY TRUTH

"You don't need a full life overhaul to start feeling more confident. You just need a place to begin."

You Made It. Now Let's Name What Shifted.

Five quick prompts for the woman who just kept showing up for herself for 30 days straight.

Which of the five shifts felt the most uncomfortable, and what does that tell you?

The uncomfortable one is usually the one you needed most.

What did you do this month that the old you would have talked herself out of?

Be specific. Write the actual moment.

What started feeling natural by week three or four that felt impossible on day one?

This is the proof. Confidence is a skill. You just got more skilled.

If you kept this practice going for another 30 days, what would change?

Permission slip. Write it.

THE PRETTY TRUTH

"If you start today, thirty days from now you won't just feel different. You'll be different."

WHEN YOU'RE READY FOR THE NEXT STEP

You don't have to figure this out alone.

If 30 days cracked something open, that's your sign. I offer one-on-one confidence coaching designed to help you build real, lasting confidence in a way that feels like you. No scripts. No becoming someone new.

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Always rooting for you. Xo, Maria