

Weekly Confidence Tracker

Welcome to your Weekly Confidence Tracker! Use this tool to monitor your progress in building confidence across different situations. Here's how to use it:

1. Identify three situations where you'd like to feel more confident.
2. Set small, achievable goals for each situation every week.
3. Log your daily actions, rate your confidence (1-10), and reflect on what worked and what you can improve.
4. At the end of the week, review your progress and celebrate your wins!

Use the table below to track your goals and progress.

Situation	Goal	Action Taken	Confidence Rating	What Worked	Improvements
Networking Event	Speak to 2 new people	Spoke to 1 person	7	Smile and eye contact	Prepare conversation starters

Remember, confidence grows step-by-step. Use this tracker consistently to build your confidence and reflect on your progress. You've got this!