Confidence - one reminder at a time

Choose wording that feels believable. Pair it with a small action if useful.
Skip any phrase that adds pressure or makes you feel worse.

CONFIDENCE / 1

I can begin before I feel fully confident.

My next step or wording: _____

CONFIDENCE / 2

My questions deserve time and consideration.

My next step or wording: _____

CONFIDENCE / 3

I can prepare without knowing every possible answer.

My next step or wording: _____

CONFIDENCE / 4

I am allowed to speak at my own pace.

My next step or wording: _____

CONFIDENCE / 5

I can take up space without making myself smaller.

My next step or wording: _____

CONFIDENCE / 6

One awkward moment does not define my ability.

My next step or wording: _____

Print at actual size. Cut along the dashed borders. Keep only the cards you want.
These are optional reminders, not a treatment or a requirement to feel positive.

Rest - one reminder at a time

Choose wording that feels believable. Pair it with a small action if useful.
Skip any phrase that adds pressure or makes you feel worse.

REST / 21

Rest belongs in my day, not only after everything is finished.

My next step or wording: _____

REST / 22

I can pause without explaining every detail.

My next step or wording: _____

REST / 23

My needs do not disappear when other people are busy.

My next step or wording: _____

REST / 24

I can leave a nonessential task for another time.

My next step or wording: _____

REST / 25

A quieter day can still be a worthwhile day.

My next step or wording: _____

REST / 26

I am allowed to choose a pace I can sustain.

My next step or wording: _____

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Work - one reminder at a time

Choose wording that feels believable. Pair it with a small action if useful.
Skip any phrase that adds pressure or makes you feel worse.

WORK / 31

I can ask for clarification without apologizing for learning.

My next step or wording: _____

WORK / 32

My contribution includes more than the tasks people notice first.

My next step or wording: _____

WORK / 33

I can set a realistic deadline instead of promising everything.

My next step or wording: _____

WORK / 34

Feedback can guide my work without defining my worth.

My next step or wording: _____

WORK / 35

I can name the support I need to do this well.

My next step or wording: _____

WORK / 36

Finishing one useful step is a valid start.

My next step or wording: _____

Print at actual size. Cut along the dashed borders. Keep only the cards you want.
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