

CONFIDENCE TIPS
FOR SOUL-LED
WOMEN TO
REGAIN THEIR
INNER POWER

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Welcome

This guide is here to gently remind you of the inner power you already hold.

Each tip is designed to help you connect with your true essence, embrace your worth, and step boldly into the radiant light of your authentic self.

Bring out the inner confidence already within you.

Karen

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3 STEP

PROCESS

CONFIDENCE TIP

Speak kindly to yourself

What's one mean thing I often say to myself?
What's a kinder truth?

JOURNAL PROMPT

ACTION STEP

Replace that negative phrase with:
"I am learning to love myself as I am."

3 STEP

PROCESS

CONFIDENCE TIP

Stand tall

How do I feel when I carry myself confidently?

JOURNAL PROMPT

ACTION STEP

Practice standing in a power pose for 2 minutes today.

3 STEP

PROCESS

CONFIDENCE TIP

**Practice saying
no**

When did I say yes to
something I didn't want to
do?

JOURNAL PROMPT

ACTION STEP

Say no to something
small this week that
doesn't feel aligned.

3 STEP

PROCESS

CONFIDENCE TIP

**Wear what
makes you feel
good**

What outfit makes me feel
powerful or joyful?

JOURNAL PROMPT

ACTION STEP

Pick one outfit this
week that makes
you feel fabulous.

3 STEP

PROCESS

CONFIDENCE TIP

**Celebrate your
wins**

What are 3 wins I've had
recently?

JOURNAL PROMPT

ACTION STEP

Start a "Success Jar"
– pop in one win a
day for a week.

3 STEP

PROCESS

CONFIDENCE TIP

**Visualise your
best self**

If I fully embodied my
confident self, how would I
show up today?

JOURNAL PROMPT

ACTION STEP

Close your eyes for 3
minutes and see
your confident self
in detail.

3 STEP

PROCESS

CONFIDENCE TIP

Use affirmations

What kind words or truths
do I need to hear today?

JOURNAL PROMPT

ACTION STEP

Choose or write 1
affirmation and say
it aloud 3 times
daily.

3 STEP

PROCESS

CONFIDENCE TIP

**Keep promises
to yourself**

What promise have I made
to myself that I haven't
honoured yet?

JOURNAL PROMPT

ACTION STEP

Keep one small
promise to yourself
this week.

3 STEP

PROCESS

CONFIDENCE TIP

**Move your body
daily**

What movement feels
joyful to me?

JOURNAL PROMPT

ACTION STEP

Dance, walk, stretch
– move in a way that
lights you up today.

3 STEP

PROCESS

CONFIDENCE TIP

**Let go of
comparison**

Where do I compare myself
to others?

JOURNAL PROMPT

ACTION STEP

Spend less time on
one comparison-
triggering app or
activity.

3 STEP

PROCESS

CONFIDENCE TIP

**Speak up in
small ways**

JOURNAL PROMPT

Where have I stayed silent
to keep the peace?

ACTION STEP

Say what you need
to in one small
moment today.

3 STEP

PROCESS

CONFIDENCE TIP

**Surround
yourself with the
right people**

Who uplifts me?
Who drains me?

JOURNAL PROMPT

ACTION STEP

Spend time with
someone who
energises you this
week.

3 STEP

PROCESS

CONFIDENCE TIP

**Declutter your
space**

Which space in my home
feels cluttered or heavy?

JOURNAL PROMPT

ACTION STEP

Tidy or energetically
clear one small area
today.

3 STEP

PROCESS

CONFIDENCE TIP

**Try something
new weekly**

What's one thing I've been
scared to try?

JOURNAL PROMPT

ACTION STEP

Pick one new thing
this week – even
something small.

3 STEP

PROCESS

CONFIDENCE TIP

Write a “proud of me” list

What am I truly proud of about myself?

JOURNAL PROMPT

ACTION STEP

Write down 5 things you're proud of.

3 STEP

PROCESS

CONFIDENCE TIP

**Ask for help
when needed**

Where in my life do I need
support right now?

JOURNAL PROMPT

ACTION STEP

Reach out to
someone and ask for
what you need.

3 STEP

PROCESS

CONFIDENCE TIP

**Stay grounded
with breathwork**

When do I feel most
grounded and connected?

JOURNAL PROMPT

ACTION STEP

Try 5 slow, deep
belly breaths right
now.

3 STEP

PROCESS

CONFIDENCE TIP

Mirror work

What feels uncomfortable
about looking into my own
eyes?

JOURNAL PROMPT

ACTION STEP

Say something
loving to yourself in
the mirror today.

3 STEP

PROCESS

CONFIDENCE TIP

Own your story

What part of my past still
feels heavy or hidden?

JOURNAL PROMPT

ACTION STEP

Write a love letter to
the version of you
who got through it.

3 STEP

PROCESS

CONFIDENCE TIP

**Trust your
intuition**

What is my gut telling me
that I've been ignoring?

JOURNAL PROMPT

ACTION STEP

Follow one intuitive
nudge today – even
if it's tiny.