

# Build Inner **3** *you can do this* Confidence **Steps**

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1

## ***Keep Small Promises to Yourself***

### Build Trustworthiness

It may seem simple, but it's critical.



- Commit to something **small & achievable**. Like waking up 10 min. earlier or finishing a small task you've been putting off.
- Each time you **keep that promise**, you're not just building confidence—you're building trustworthiness.

## On Honoring Self-Promises

**One study from the Journal of Personality and Social Psychology found that people who keep small commitments are more likely to keep larger ones in the future.**

**This is called the “commitment consistency principle,” where keeping small promises creates a momentum that leads to greater achievements.**

## 2

### ***Hold Yourself Accountable***

#### **Reinforce Your Reliability**

Self-accountability is a cornerstone of trustworthiness.



- It's easy to let things slide when no one's watching, but the truth is, **you're watching**. When you hold yourself to the same standards that you hold others to, you're reinforcing your own reliability.
- Enhance accountability using tools like **journals or accountability partners** as suggested in the *Temet Nosce* video.



## On Self-Accountability.

**A study published in the American Journal of Lifestyle Medicine found that people who shared their goals with others were 33% more likely to achieve them.**

**It's a powerful way to create external accountability for your internal promises.**



3

## *Reflect on Your Wins*

Understand where you can grow

Reflect on where you followed through.



- This isn't about being hard on yourself for what you didn't do—it's about recognizing where you were **trustworthy to yourself**.
- Over time, that reflection builds **confidence** and helps you understand where you can continue to grow.

## On Self-Reflection

**According to a study from Harvard Business Review, self-reflection not only boosts confidence but also helps individuals better understand their strengths and areas for improvement.**

**This process leads to a greater sense of self-awareness and better decision-making in the future.**



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