

# READYSETGO SUCCESS & WELLBEING

## Your Confidence Reset

### *A 7-Day Daily Practice*

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#### **Before you begin**

*This guide is not about fixing you. There is nothing broken. It is about reconnecting you to a version of yourself that already exists. The one who knows their worth, trusts their instincts, and doesn't need external validation to feel grounded. Seven days. One practice at a time. That's all.*

### **How This Works**

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Each day has a theme rooted in evidence-based psychology. You'll read a short explanation of the science, complete a simple daily practice, and answer one reflection prompt. Each practice takes no more than 10-15 minutes.

There is no right or wrong way to do this. You can write your reflections in a journal, voice-note them to yourself, or simply sit with them. What matters is that you show up for yourself, even imperfectly.

*"Self-confidence is not a personality trait. It is a skill, built through repeated small acts of self-trust." — Dr Kristin Neff, Self-Compassion Research, University of Texas*

## The 7-Day Practice

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### DAY 1 | Notice What You've Already Done

#### The Science Behind It

Research by Dr Martin Seligman (University of Pennsylvania) shows that intentionally registering our successes rewires the brain's negativity bias, which is hardwired to focus on what went wrong. High achievers are particularly prone to discounting their wins. This practice begins to close that gap.

#### Today's Practice

Write down three things you have achieved in the last 30 days. Not life-changing events, ordinary things. A conversation you handled well. A deadline you met. Something you organised, created, or held together. Write them as facts, not opinions. Then read them back aloud.

#### Reflection Prompt

*"If someone I trusted told me these three things as their achievements, what would I think of them? What does that tell me about how I talk to myself about my own?"*

### DAY 2 | Interrupt the Inner Critic

#### The Science Behind It

CBT (Cognitive Behavioural Therapy) identifies our inner critic as a learned voice, not a truth-teller. Research by Dr Aaron Beck shows that negative automatic thoughts are habitual, not accurate. Naming the voice and giving it a character creates psychological distance and reduces its power.

#### Today's Practice

Give your inner critic a name and a description. What does it sound like? Whose voice does it remind you of? What does it usually say? Write it down. Then write one sentence in response — not to argue, but to acknowledge: "I hear you. But that isn't the full picture."

#### Reflection Prompt

*"Where did this voice come from? And whose permission do I need to stop listening to it?"*

### DAY 3 | Ground Yourself in Your Body

#### The Science Behind It

Neuroscience shows that confidence isn't just a thought, it's a physical state. Dr Amy Cuddy's research on embodied cognition demonstrates that our posture, breathing, and physical presence affect our hormones and self-perception. Confidence can be practised from the outside in.

#### Today's Practice

Spend 5 minutes in a quiet space. Stand or sit tall. Take five slow, deep breaths — in for 4 counts, hold for 2, out for 6. Place one hand on your chest. Say quietly or internally: "I am grounded. I am capable. I am here." Notice what shifts in your body.

#### Reflection Prompt

*"When do I feel most physically confident? What is different about those moments? What can I borrow from them today?"*

## DAY 4 | Separate Feelings from Facts

### The Science Behind It

Emotional reasoning e.g. "I feel like a fraud, therefore I must be one", is one of the core cognitive distortions identified in CBT. Dr Susan Nolen-Hoeksema's research on rumination shows that high achievers are particularly prone to using feelings as evidence. This practice builds the skill of separating the two.

### Today's Practice

Think of a recent situation where you felt inadequate or not enough. Write down: (1) What actually happened — just the facts. (2) What your feelings told you it meant. (3) What a calm, objective observer might say instead. Notice the gap between column 2 and column 3.

### Reflection Prompt

*"What evidence actually supports the story my feelings are telling? What evidence contradicts it?"*

## DAY 5 | Identify Your Strengths

### The Science Behind It

Strength-based approaches, backed by research from the VIA Institute on Character and the field of positive psychology, show that people who actively identify and use their character strengths report significantly higher self-worth and lower anxiety. This isn't toxic positivity — it's accurate self-knowledge.

### Today's Practice

Ask yourself: what do people consistently come to me for? What feels effortless to me that seems difficult for others? Write down five strengths — not roles, not achievements, but qualities. Then pick one and write down three specific times you used it in the last month.

### Reflection Prompt

*"If I led with my strengths rather than hiding my weaknesses, what might change?"*

## DAY 6 | Practise Self-Compassion

### The Science Behind It

Dr Kristin Neff's decades of research establish self-compassion as one of the strongest predictors of psychological wellbeing and resilience. Self-compassion is not self-pity; it is treating yourself with the same warmth you would offer a trusted friend. Studies show it significantly reduces anxiety, perfectionism, and self-doubt.

### Today's Practice

Write a short letter to yourself as if from a wise, kind friend who knows you well. This friend sees your struggles, your achievements, and your humanity. They are not here to flatter you. They are here to be honest and warm. Write what they would say to you today.

#### Reflection Prompt

*"What would I say to someone I love who was feeling exactly how I feel right now? What would it mean to say that to myself?"*

## DAY 7 | Define What Confidence Means to You

### The Science Behind It

Research consistently shows that when we define success and confidence on our own terms, rather than external standards, our wellbeing increases significantly. Dr Brené Brown's work on wholehearted living demonstrates that clarity about our own values is the foundation of genuine confidence - not performance, but alignment.

### Today's Practice

Write your own definition of confidence. Not the dictionary version. Not what society says it looks like. What would it feel like, in your body and your daily life, to feel genuinely confident? What would you do differently? What would you stop doing? What would you let go of?

### Reflection Prompt

*"What is one small thing I could do differently this week that would be consistent with the confident version of me I just described?"*

## What Comes Next

You've just spent seven days paying deliberate attention to yourself. That is not small. The patterns you've noticed, the thoughts you've questioned, and the compassion you've practised — these are the foundations of lasting change.

But a 7-day guide can only take you so far. The deeper work, understanding where these patterns come from, why they persist, and how to create lasting change is the work I do with clients through coaching, counselling, emotional intelligence development and transformational programmes.

### Ready to go deeper?

*If something in this guide has resonated, I'd love to talk. Book a free discovery call at [rsgsuccess.co.uk](https://rsgsuccess.co.uk) or email [info@rsgsuccess.co.uk](mailto:info@rsgsuccess.co.uk). No pressure, no performance — just a grounded conversation about what you might need next.*

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