



## Joyful Achiever Worksheet

### Theme 3: Confidence Under Pressure

This worksheet complements the 8 videos that teach you how to build confidence under pressure.

#### Video 1: [Pressure Is a Privilege](#)

**Insight Recap:** Pressure means opportunity, not danger.

**Reflection:** Where in your life does pressure show up most often?

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**Action Step:** Next time you feel pressure, pause and say: 'This is my chance to rise.' Just that reframe builds confidence.

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#### Video 2: [Small Wins Create Big Confidence](#)

**Insight:** Confidence grows through consistent small wins.

**Reflection:** List 3 recent small wins, no matter how minor.

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**Action Step:** Pick one small, doable task today. Finish it. Celebrate it. Stack another tomorrow.

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**Video 3: Breathing for Confidence**

**Insight:** Breath regulates your nervous system and restores focus.

**Reflection:** How does your body respond under pressure?

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**Action Step:** Before your next high-stakes moment, inhale for 4, hold for 4, exhale for 6. Repeat 3 times.

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**Video 4: Preparation = Confidence**

**Insight:** True confidence comes from readiness.

**Reflection:** What's an upcoming situation that feels high pressure?

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**Action Step:** For your next big challenge, write down the 3 key points you want to deliver. Review them until you own them.

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**Video 5: The Power Pose Reset**

**Insight:** Your body language shapes your mind.

**Reflection:** How do you hold your body when you're confident? When you're not?

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**Action Step:** Before your next pressure moment, strike a 2-minute power pose: stand tall, hands-on hips, breathe deep.

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**Video 6:** [Talk to Yourself Like a Friend](#)

**Insight:** Inner kindness builds outer confidence.

**Reflection:** What are the harshest things you tell yourself under stress?

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**Action Step:** Create one phrase you'll repeat in tough moments: 'I am calm, clear, and capable.' Use it daily.

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**Video 7:** [Confidence Through Service](#)

**Insight:** Focusing on service reduces self-focus and fear.

**Reflection:** Who benefits when you show up confidently?

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**Action Step:** Before your next big task, ask: 'How can I serve here?' Write one sentence. Carry it with you.

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**Video 8:** [Confidence Is a Choice](#)

**Insight:** Confidence is an action, not a feeling.

**Reflection:** Where can you choose confidence today?

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**Action Step:** Today, choose one area where you'll act as if you're confident. Notice how others respond.