



 HEADSTRAIGHT – SEASON 2, EPISODE 5
Title: How to Build Confidence Without Faking It
Quick Reference Cheat Sheet

 MAIN POINTS

- **Confidence isn't loud—it's earned.** It grows from action, not attitude.
 - **It starts with self-trust.** Keeping small promises builds internal reliability.
 - **You don't wait for confidence—you act anyway.** Confidence follows action, not the other way around.
 - **Failure doesn't break confidence—judging yourself does.** Reframe setbacks as data, not verdicts.
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 TOOLS & STRATEGIES

- **Micro-Promises:** Tiny, daily commitments that rebuild self-trust—start with one and stick to it.
 - **Act Before Ready:** Take the risk while nervous. Let confidence catch up.
 - **Borrow From Other Wins:** Reflect on where you're already confident and copy the process.
 - **Reframe the Flop:** When it goes wrong, ask: What did I learn? What's the next move?
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 REFLECTION QUESTIONS

- Where do you already trust yourself—and how did you get there?
- What's one micro-promise you often break? Can you keep it for three days?
- When did you last act brave before feeling it?

- What story do you tell yourself when you mess up—and what could you say instead?
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LIGHTBULB MOMENTS

- *“Confidence isn’t a vibe—it’s self-trust built through action.”*
- *“Stop waiting to feel brave. Act while scared—confidence will meet you there.”*
- *“Confidence grows every time you recover—without tearing yourself down.”*