

The Confidence Check-In

Five Questions to Ask Yourself Every Friday

Before you close your laptop on Friday, take two minutes with these five questions.

1. Did I speak up when I had something to say this week, or did I hold back?

2. Did I minimize my contribution in any conversation, email, or meeting?

3. Did I take credit for something I led, or did I give it away?

4. Did I ask for something I needed, or did I wait and hope?

5. What is one thing I did this week that I'm proud of but haven't told anyone?

Answering these questions honestly gives you a clear picture of what to work on next week.

Your Impact is Real. Your Voice Matters. You Are Somebody.

