



THE CONFIDENCE SHIFT: SMALL ACTIONS THAT LEAD TO BIG CHANGE

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THE TRUTH BEHIND SELF-CONFIDENCE



Self-confidence is rarely something we're taught as children, and it's also not always obvious when it's missing. Most of us don't walk around thinking: "I lack confidence, and that's why I don't [insert goal or activity here]". Instead, moments of low self-belief manifest in subtler ways - often woven into the fabric of our daily lives.

You may **hesitate** to step into a café, shop or restaurant alone - not because you don't want to, but because you fear others will judge you for being by yourself. When was the last time you went to the cinema solo? Or took yourself out for a quiet dinner - just you?

A **lack of self-confidence** can also hold us back in deeper, less visible ways. Perhaps you have a long-held dream to launch a blog, a community group or an online business - but you tell yourself no one will be interested in what you have to offer. You might want to ask for a well-earned pay rise, but stop short, feeling others are more deserving. Or, you long to connect with someone romantically, but the fear of rejection is overwhelming.

The good news? Confidence is not something we are born with - or without. It's not a fixed trait, and is a skill. Like any other skill, it can be nurtured, practised and developed, step-by-step - starting today.

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CONFIDENCE SELF-REFLECTION QUIZ

Use this short **quiz** to gauge your current level of self-confidence. There are no right or wrong answers - so please be honest - you don't need to share this with anyone. Choose the responses that most closely reflect your typical thoughts or behaviours.

Score per answer

1 = Rarely true

2 = Sometimes true

3 = Often true

1. I **speak up** in meetings or group settings without overthinking what others might think of me.
2. I **make decisions** - big or small - without constantly second-guessing myself.
3. I am able to **receive compliments** without deflecting or minimising them.
4. I'm comfortable **spending time alone** in public places (e.g., cafes, cinemas, restaurants).
5. I **try new things**, even when I'm unsure I'll succeed.
6. I set personal or professional **boundaries** and stick to them.
7. I take **constructive criticism** without spiralling into self-doubt.

CONFIDENCE SELF-REFLECTION QUIZ

8. I apply for **opportunities** (jobs, speaking engagements, collaborations, etc.) even if I don't tick every box on required criteria.

9. I **trust my gut** instincts and value my own perspective.

10. I believe I **have something valuable** to offer - in work, relationships, or creative pursuits.

Please add up your score per answer

10 - 15 points:

Your confidence may be more **fragile** than it appears. You might be holding back from expressing yourself fully, or from stepping into opportunities due to fear or self-doubt. The **good news** is that you've just now taken the first step - awareness. With some practice and support, your confidence can grow significantly.

16 - 23 points:

You're on your way! You show signs of self-assurance in many areas, but there may be specific triggers or situations where self-doubt creeps in for you. With **intentional steps**, you can move from occasional confidence to consistent, grounded self-belief.

24 - 30 points:

You display a **strong foundation** of self-confidence. You trust yourself, take risks, and are resilient in the face of challenges. Keep nurturing that confidence with humility and continued growth - and consider **mentoring or encouraging others** who are still finding their voice.

WHAT YOU CAN DO - TODAY!

For Scores 10 - 15: Finding Your Voice

You may be struggling with **self-belief** and may be holding yourself back. Start small, and be kind to yourself as you **build inner strength**. Try the following.

The Micro-Bravery Challenge

Commit to doing **one small, brave thing** this week - something outside your comfort zone, but not overwhelming. Examples:

- **Ask** a stranger for directions
- Say **your opinion** in a group conversation
- Make a **phone call** you've been avoiding

Each act builds the “**confidence muscle**” gently but consistently.

For Scores 16 - 23: Strengthening Your Foundation

You already show signs of confidence but need support to become more consistent and resilient.

Confidence Anchoring Exercise

Recall a moment when you felt **proud**, capable, or empowered. Write down:

- What was **happening**?
- What were you **thinking and feeling**?
- What **strengths** did you display?

Feel into the energy of that moment, and use it as a **mental “anchor”** to return to when self-doubt strikes.

WHAT YOU CAN DO - TODAY!

For Scores 24 - 30: Owning Your Confidence

You've built a **solid** level of self-confidence - now it's about refinement, leadership, and using your confidence to uplift others. Here's one thing to uplift your confidence even further.

Next-Level Confidence Reflection

Ask yourself:

- Where am I still **playing small**?
- Where do I seek **external validation**?
- What would I do if I **fully trusted myself**?

This will help you to **identify hidden edges** to grow beyond, especially when you're already thriving - you can use this opportunity to take your confidence even further.

You could also try **teaching others** what you know. Whether it's writing a blog post, delivering a workshop, or recording a short video - by teaching, you continue to build your self-confidence - and you get to serve others.

Thank you for your time!

Hello, I'm **Shuvra Deb** and I'm a coach, speaker, former barrister and attorney, now specializing in **self-confidence**, **resilience** and helping people to rise up.

My work is grounded in **lived-experience**, including surviving a deadly category 5 hurricane in the Caribbean, Hurricane Irma, and **overcoming Post Traumatic Stress**.

I'm committed to making a **positive difference** in people's lives by making confidence-building **tools** available and **accessible** to those who want them.

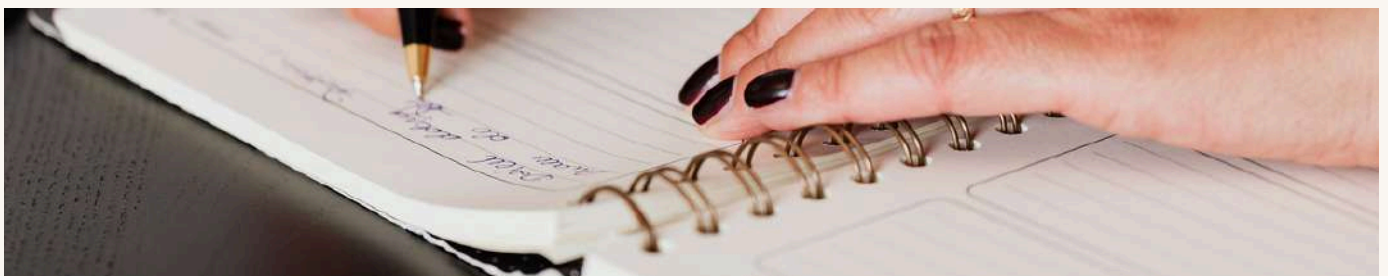
If you would like to explore my work further, I have a special **video-based online course** on self-confidence which you can complete at your **own pace**. To find out more, click here:

<https://www.shuvradebmentor.com/courses>.

For information on 1:1 or group coaching, please reach out to me at **hello@shuvradebmentor.com** or click here:

<https://www.shuvradebmentor.com>. Much love,

Shuvra x



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