

## Peter Dutton's Inner Strength

Psychotherapist & Sports Performance Psychologist  
High-Performance Mindset

### 7-Day Confidence Reset

A simple, practical reset to rebuild confidence through small daily reps (identity, behaviour, body).

#### How to use

Each day takes 8 to 12 minutes and includes:

**Prime** (about 60 seconds)

**One action rep** (about 5 to 8 minutes)

**One reflection line** (about 30 seconds)

#### Day 1: Reclaim the Driver Seat

**Prime:** 4 slow breaths. Say: "I lead today."

**Action rep:** Write 3 strengths you have shown recently (even small). Choose 1 and act it out today.

**Reflection line:** "Today I proved I can..."

#### Day 2: Confidence is Behaviour First

**Prime:** Stand tall for 30 seconds.

**Action rep:** Choose 1 micro action you have been avoiding (email, call, gym, conversation). Do it within 24 hours.

**Reflection line:** "My confidence grew when I..."

#### Day 3: The Inner Critic Audit

**Prime:** Notice your first self judgement today.

**Action rep:** Write the critic sentence, then rewrite it as a coach would.

**Example:** "I'm useless" to "I'm learning, and I will take the next step."

**Reflection line:** "A kinder truth is..."

#### Day 4: Control the Controllable's

**Prime:** Ask: "What is in my control today?"

**Action rep:** Write 3 controllable's (effort, preparation, attitude). Choose one and over deliver on it.

**Reflection line:** "When I focused on control, I..."

## Day 5: Build Evidence, Not Hype

**Prime:** “I don’t need hype. I need proof.”

**Action rep:** Do a 10 minute proof task (tidy space, training, admin, reading, skill practice).

**Reflection line:** “My evidence today is...”

## Day 6: Confidence in Relationships

**Prime:** “I can be calm and clear.”

**Action rep:** Practise one boundary or one honest line:

“I can’t do that today.”

“I need time to think.”

“That doesn’t work for me.”

**Reflection line:** “It felt empowering to...”

## Day 7: Identity Lock In

**Prime:** Hand on heart. One gratitude.

**Action rep:** Write your new identity statement: “I’m the kind of person who...”  
Then list 3 behaviours that prove it.

**Reflection line:** “Next week I will keep confidence by...”

## Bonus: The Confidence Emergency Reset (60 seconds)

- Exhale long
- Drop shoulders
- Name 1 controllable
- Take 1 action now

