

Confidence Blockers Checklist

Identify What's Holding You Back

Confidence isn't something you either have or don't have — it's something you build.

Often, what holds leaders back isn't lack of ability but unseen blockers that drain courage, clarity, and momentum.

What holds you back from bold action? Check all that apply or write in your own.

- Self-Doubt:** *I worry I'm not qualified or experienced enough.*
- Comparison:** *I often compare myself to others and feel like I fall short.*
- Perfectionism:** *I avoid taking action until everything feels "just right."*
- Fear of Failure:** *I fear failure or looking foolish in front of others.*
- Overthinking:** *I replay negative thoughts about my worth, ability, or belonging.*
- Seeking Approval:** *I've let others' opinions or criticism shrink my confidence.*
- Something else:** _____

Now What?

If you checked even one box, you're not alone. Recognizing a blocker is the first step to breaking through it.

The good news: every blocker you've identified can be reframed. Every limitation can be released — and that begins now.

The **Bold Moves Workbook** takes you further, with guided prompts and strategies to help you move past these blockers and take your next bold step with confidence.

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