

# Mastering

MENTAL TOUGHNESS

RESILIENCE SHIFT  
COMPANION

Reclaiming Confidence  
and Self-Worth

*"Self-confidence can be learned, practiced, and mastered  
- just like any other skill."*

Barrie Davenport

The logo consists of the letters 'M' and 'MT' in a stylized, cursive red font. The 'M' is large and the 'T' is smaller, positioned to the right of the 'M'. Below the letters, the words 'MASTERING MENTAL TOUGHNESS' are written in a small, black, sans-serif font.

MASTERING MENTAL TOUGHNESS

# COMING HOME TO MY WORTH

## PRACTICAL SHIFT WORK

This is where the transformation begins - in doing.

### The “Enough as I Am” Reflection

Take a few minutes in a quiet place and write:

- Where in my life do I feel “not enough”?
- What have I been using to measure my worth?
- Who or what has influenced this belief?

Now gently challenge them:

Is this actually true, or is it something I’ve learned/been told?

As a child, did I feel loved ‘just because’ – with no conditions?

If not, what were these conditions? Do I believe they were valid?

As an adult, have I been able to love who I am – my *self* – with no conditions?

If not, what are these conditions? Do I believe they are valid?

Let’s reflect a little more on the next page...

# COMING HOME TO MY WORTH

## SELF-REFLECTION - EXPLORING YOUR SELF-WORTH

When do I feel most “worthy” of love, respect, or recognition - and what is happening in those moments? (Notice if your worth feels conditional on achievement, roles, or external validation.)

What do I believe I need to do, be, or have in order to feel like I am enough? (This helps uncover the standards to which you may be holding yourself.)

Whose opinions or expectations have most influenced how I see my own value? (This can reveal where your beliefs about worth originated.)

How do I speak to myself when I make a mistake, fall short, or feel overwhelmed? (Your inner dialogue is a strong indicator of how you perceive your own worth.)

If nothing about my achievements, roles, or relationships changed, would I still believe I am valuable? Why or why not? (This question helps separate intrinsic worth from external identity.)



# REWRITING MY INNER VOICE

Become aware of how you speak to yourself day-to-day.

Then consciously begin to shift your internal dialogue.

Instead of:

- “I should be better than this” (I aim to remove “should” from my dictionary, you might like to too!)

Try:

- “I am learning. I am growing. I am still worthy.”

Write 3 supportive statements you can return to, such as:

- “I am enough as I am.”
- “I don’t need to prove my worth.”
- “I am allowed to take up space.”

Repeat them regularly to begin reshaping your internal narrative.



# A LETTER TO MYSELF

Take a quiet moment to write a letter to yourself.

Begin with:

“Dear Me, I see you...”

Acknowledge:

- The effort you’ve made
- The ways you’ve shown up for others
- The times you may have forgotten yourself

Then gently remind yourself:

- You were never not enough
- You have always been worthy
- You do not need to earn your value

Write as though you are speaking to someone you deeply care about - because you are, you do matter, you ARE enough.

Keep this letter and return to it whenever old doubts resurface.



# A DAILY SELF-WORTH RITUAL

A daily ritual to help embed your self-worth

Small, consistent acts of self-respect to help with your transformation.

Each day, take just a few minutes to come back to yourself.

Place a hand on your heart, take a breath, and gently say:

“I am enough as I am. I honour myself today.”

Then ask:

What is one small way I can show myself respect today?

It might be:

- Saying no without guilt (this may take practise, but you’ll get there!)
- Taking time to rest (rest is not just a reward, it is an act of self-care!)
- Speaking kindly to yourself (as you would to your best friend)
- Choose what feels right for you (you are allowed!)
- Honour your needs without justification

Let this become your new normal - not perfection, but presence.

Self-worth is not something you have to chase. It’s not something you have to earn.

It is something you return to - again and again.

And every time you choose yourself, even in the smallest way, you strengthen the belief that you truly matter.

Please remember that I am here to believe in you until you fully believe in yourself.

# THE CONFIDENCE CHOICE LADDER

A step-by-step tool to help you practise decision-making, starting small and working up to life-shaping choices.

How to use this ladder:

1. Track at least three decisions each week and note to which step they belong.
2. Celebrate progress - even small steps are wins!
3. Reflect on how you felt before, during, and after making each choice.
4. When a step feels easy, try making one choice from the next step.

Step 1: Micro decisions (safe zone, no wrong answer, just practice deciding)

- Pick your own mug for tea or coffee.
- Choose the scent of a candle or hand cream.
- Decide what time to take a short walk.
- Select which pen or notebook to use.
- Choose which chair to sit in at a meeting or café.

Step 2: Personal preference decisions (begin expressing personal taste and taking up space in shared decisions)

- Choose the film or music for a shared evening.
- Suggest a location for a meet-up.
- Pick a meal at a restaurant without asking others first.
- Choose clothing based on mood rather than habit.

Step 3: Self-care and boundaries (learn that honouring yourself is a valid and healthy choice)

- Say no to an invite when you need rest.
- Choose an evening activity that feels nourishing.
- Set a specific bedtime and stick to it.
- Decline extra work if you're already at capacity.

Step 4: Growth choices

- Sign up for a short course or workshop.
- Try a new hobby or class alone.
- Speak up with an idea in a meeting.
- Wear something bolder than usual.

Step 5: Life-shaping choices (build resilience and confidence by surviving - and often enjoying - new experiences.

- Choose to leave or change a job that no longer fits.
- Start a business or passion project.
- Relocate to a new city or home.
- End or redefine a relationship.

