

A 7-Day Challenge to Reset Your Confidence.

This 7-day challenge gives you one simple, practical action per day to help you reconnect with your strengths, quiet self-doubt, and prove that confidence is something you build through practice.

BY DENISSE DIAZ






Introduction

You've been sitting on your potential for way too long.

Overthinking, second-guessing, waiting for the “right moment”.

Well, this is it. **This is the moment.**

Over the next 7 days, you'll reconnect with your strengths, confront the patterns holding you back, and take small, powerful actions that build real confidence. Not the fake-it-till-you-make-it kind. The real, grounded, sustainable kind.



START

Ready?

1. When is the best time to do it?

Best done first thing in the morning when life's not pulling you in 42 directions. This is because you will have tasks to focus on each day. So, it's better when you have no kids climbing on your back, no pets staring at you for food, no emails, no meal prep. Just you.

2. What do I need to do it?

Just pen and paper will do – or an e-notebook... that works too!

REMEMBER:

You don't need to be fearless to start. You just need to start!
Let's go!

Day 1

Know yourself

You can't show up with confidence if you don't even know who's showing up

Today's tasks

Task # 1: Make two lists:

- One for your weaknesses — fears, habits or patterns that tend to hold you back
- One for your strengths — the qualities you're proud of or naturally do well

Task # 2: Pick one weakness and one strength to focus on this week.

Task # 3: Reflect

- Let's start with your weakness.
 - Why do you consider it a weakness?
 - When did this pattern begin?
 - How has it protected you or held you back?

Day 1 (continued)


Know yourself

You can't show up with confidence if you don't even know who's showing up

Today's tasks

Task # 3: Reflect (continued)

- Now, shift your focus to your strength.
 - What would life feel like if you led with this more often?
 - When was the last time you used it and felt proud?

 **Sit with this strength for the rest of your day or night. Let it be your anchor. This is why we started with the tough stuff first, so you could end grounded in power.**

Day 2

Act from your strength

*Reflection is cute, but confidence
comes from action.*

🌟 Today's tasks

Task # 1: Do one thing today that activates your chosen strength

- 🎨 Creativity?
- 🧠 Problem-solving?
- 📁 Sales?

Task # 2: Reflect

- How did using this strength feel in your body and your behaviour?
- Did anything shift in your energy or your mood?
- Did it help you to have a better day?

Write all these feelings down.

Day 3

Face your weakness

*Time to meet your weakness with
curiosity, not shame*

🌟 Today's tasks

Task # 1: Take one small action that interrupts the pattern

- 🕒 Procrastination? Do one 5-minute task now
- 🙄 People-pleasing? Say no today
- 🚫 Comparison? Log off and refocus on your lane

Task # 2: Reflect

- How did it feel to break the pattern?
- Did you embrace it or struggle with it?
- What emotions did this weakness trigger in your body, your face, your nervous system, your behaviour?

Write it all down, and if you feel brave, write down how you're going to overcome it.

Day 4

Share something imperfect

*Perfection is the enemy of progress,
and the excuse your fear keeps feeding
you*

🌟 Today's tasks

Task # 1: Share something raw or unpolished

- 📖 A journal entry
- 🎬 A behind-the-scenes moment
- 📱 A reel or story 🗣️
- Or just open up to a friend

Let yourself be seen. Messy bits and all

Task # 2: Reflect

- What came up emotionally before I shared?
- What am I holding back, and why?
- How did it feel after?

Write it all down.

Day 5

Challenge the critic

*You are not your inner mean girl.
And yes, we all have one!*

Today's tasks

Task # 1: Write down three things your inner critic loves to say

Task # 2: Then rewrite them with love and truth

- ✘ "I'm not good enough" → "I'm growing, and that's enough"
- ✘ "No one likes my content" → "Plenty of people do, some just aren't vocal"
- ✘ "I sound stupid" → "I'm learning. My voice still matters"

Task # 2: Reflect

- How easy was it to reframe those thoughts?
- How did it feel?
- Could I make this an 'everyday' habit?

Write it all down

Day 6

Share a win without shrinking

*This is your brag moment.
Unapologetically.*

🌟 Today's tasks

Task # 1: Tell one story that shows what you're capable of.

- 🏆 A challenge you overcame
- 🏆 A big or small win
- 🔄 A turning point moment

Journal it, voice-note it or share it if you feel brave - with a friend or post it on your socials 🗣️ You can blame it on me... or praise me for it. I'm okay with both, hun!

Task # 2: Reflect

- How did this make me feel?
- What emotions came up?
- Is this something I can do more often?

Write it all down.



Day 7

Do something that scares you

*You've been building all week. Now
it's time to stretch*

Today's tasks

Task # 1: Do something today that scares you — just a little. It doesn't have to be huge...just new and uncomfortable.

-  Apply for that thing
- Speak up in that meeting
- Sign up for a speaking gig – as I did!
-  Reach out. Show up. Press post.

Whatever it is, do it because it makes your heart race. Again, blame me or praise me for it. I am here for it!

Task # 2: Reflect

- Did you do it? And how did it feel? If you didn't...what were the reasons?
- Is this something I can do more often?
- What was the worst that happened?
- What was the best that happened?

Final reflection

You just proved something powerful.
Confidence isn't a personality trait.

It's a practice.

You don't need to be louder, bolder or more
polished.

You just need to build proof that you can do it.

Now, tell me....

1. ... Which day did you love the most, and why?
2. ... Which one made you cringe a little, and what did it teach you?
3. ... Do you know yourself a bit more now?
4. ... What will you keep doing to stay in motion?
5. ... Can you do this challenge every month?

A woman with long dark hair, wearing a white sleeveless blazer over a patterned top, stands in a modern office setting. She is looking out a large window to her left, where a large green plant is visible. The background shows a cityscape. The text "What's next?" is overlaid in white on the image.

What's next?

Thank you for taking part in this challenge. I hope it was useful to build your confidence up. If this brought up more than you expected, know that's okay. Growth is tender. Be kind to yourself and reach out for support if you need it 🧡

If this helped you, tag me @thedenissediaz or send me a DM I'd love to know what landed.

If you need extra help, I offer 1:1 mentoring sessions, so you can book a session [here](#).

Meet the author



Hi, I'm Denise Diaz, a Marketing Director, speaker, and creator based in London. For over 15 years, I've led global campaigns, built brands, and managed teams for international companies.

But in 2025, I got an itch to start doing something on my own, and that's when I decided to launch this side hustle because there's never a perfect moment to start your passion. Every piece of content, guide, and strategy you see here was built from scratch with my own resources, experience, and determination.

The Denise Diaz is my way of helping others grow with clarity, confidence, and intention, combining everything I've learned from corporate marketing with a more human, creative approach.

Denisse



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