

Confidence Journal

One entry each time you speak out loud. It takes thirty seconds and it is the only record you will have of what this actually felt like at the start. Nobody reads this but you.

How to rate your nerves. 1 is calm, 10 is the worst it has ever been. Rate how you felt **just before** you started speaking, not afterwards — afterwards is always kinder. Use the same scale every time and it will mean something.

Entry 1 DATE _____

NERVES BEFORE I STARTED — CIRCLE ONE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Entry 2 DATE _____

NERVES BEFORE I STARTED — CIRCLE ONE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Entry 3 DATE _____

NERVES BEFORE I STARTED — CIRCLE ONE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Entry 4 DATE _____

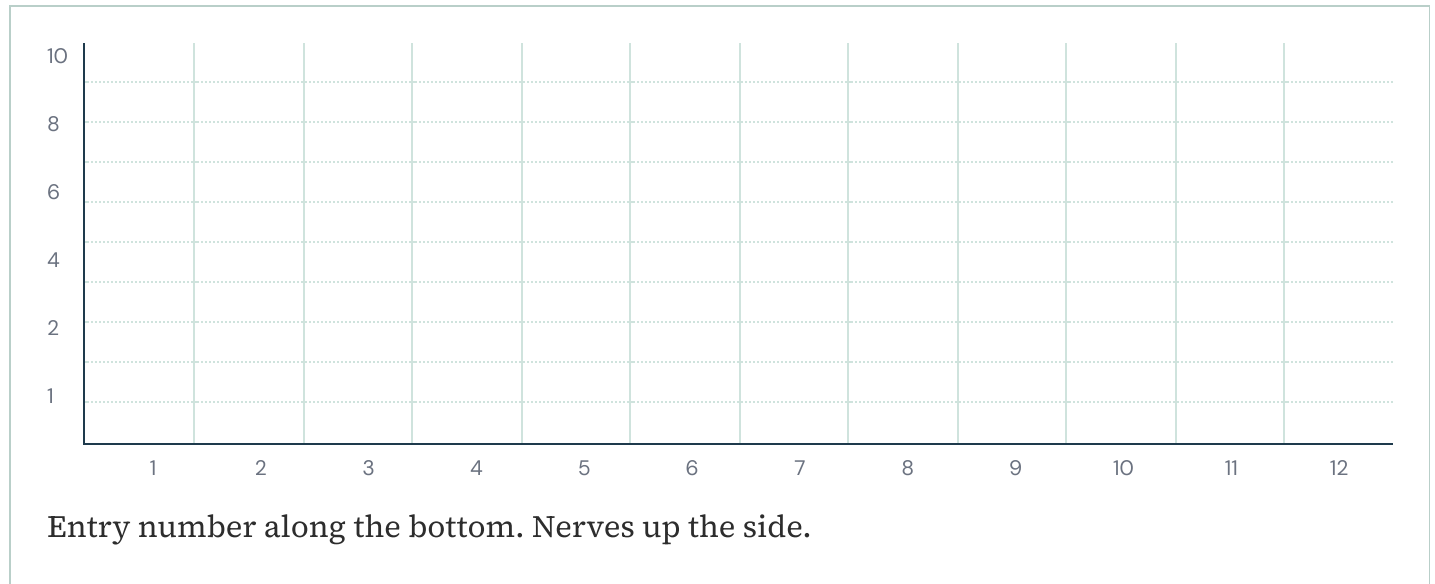
NERVES BEFORE I STARTED — CIRCLE ONE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Print this page as many times as you need. Twelve entries fill the chart on the next page.

Your line

One dot per entry, at the number you circled. Join them up. Twelve entries is enough to see something.



If the line goes up, you have not gone backwards. It usually climbs in the week somebody finally tries something harder — a longer talk, a real audience, a question they could not prepare for. A record that only ever falls would be a record of you staying safe. Keep it either way.

If you want a question to answer

These are the nine reflection questions from Base Camp, one per module. Use one when a blank line feels too blank.

1. What is one word you'd like to feel the next time you stand up to speak?
2. Which speed felt most natural to you — and which one do you want to practice more?
3. Was it easier to speak once your talk had a shape? What surprised you?
4. Which phrase felt natural in your mouth, and which one felt borrowed from someone else?
5. What did your body do when you ran out of words? That habit is the one worth knowing about.
6. Where did your story turn — and did you get there faster or slower than you meant to?
7. Which was harder — the silence before you answered, or the answer itself?
8. What ran long, and what are you brave enough to cut before the Final Mission?
9. Look back at Module 1, when thirty seconds felt like a lot. What would you tell that person now?

