

Ten exercises. Exact doses. Real evidence.

Confidence is a prediction your brain makes from evidence of your own past behavior. These ten exercises generate that evidence on purpose. **Start with two or three** matched to your weakest spot, run them for a month, and let the weekly review do its job. Doses are minimums, not targets.

1	Kept-Promise Minimums	DOSE Daily. One promise under two minutes, with a fallback minimum for your worst day.	TRAINS Follow-through and self-trust, the base layer every other exercise sits on.
2	Rejection Reps	DOSE At least three deliberate low-stakes asks per week. Log each outcome.	TRAINS Tolerance for social risk. A “no” stops meaning anything about your worth.
3	The Discomfort Menu	DOSE One item per week from your ranked list, rated 4/10 or harder, escalating over time.	TRAINS Acting despite fear. Proof that discomfort is survivable, not a stop sign.
4	Competence Log	DOSE Daily, two minutes. One to three lines: what you did, what skill it used.	TRAINS Self-efficacy built from recorded evidence instead of vague memory.
5	Self-Talk Audit & Rewrite	DOSE One week to capture exact phrases, then apply the rewrites as triggers recur.	TRAINS Accurate self-talk under pressure: factual lines, not falsely positive ones.
6	Prepared-Spontaneity Drills	DOSE Once per meeting, at least weekly. Prepared comment, said in the first five minutes.	TRAINS Speaking before you feel ready. Breaks the wait-for-readiness loop.
7	Posture & Eye-Contact Reps	DOSE Daily, five minutes, in low-stakes conversations. Honestly framed: no magic poses.	TRAINS A physical default that holds regardless of the day's mood.
8	Decisions Journal	DOSE Log every delayed-outcome decision with reasoning and confidence %. Review monthly.	TRAINS Calibration: closing the gap between how sure you feel and how often you're right.
9	Fear-Setting	DOSE Once, for any decision stalled by fear for more than a week.	TRAINS Replaces vague dread with a specific, survivable recovery plan.
10	Weekly Evidence Review	DOSE Weekly, ten minutes, same fixed slot. Read the logs back without editing them.	TRAINS Turns logged evidence into belief. Skip this and the rest stay just logs.

How to run the plan

Weeks 1–4: run your two or three chosen exercises daily or on schedule, plus the Weekly Evidence Review every week (it is the one non-negotiable). Add one more exercise each month as the first ones become automatic. Behavior changes before the feeling does; that order is normal, so judge the month by reps completed, not by mood.