

# The Confidence Kickstart

with Dan Ballard



**The Cheat Sheet**

**YOU DON'T HAVE TO OVERTHINK IT.**

**5 PROMPTS TO START SPEAKING WITH CONFIDENCE,  
INSTEAD OF DOUBT.**



## Hello & Welcome,

If you've ever felt paralysed by overthinking, second-guessing, people-pleasing, self-sabotage, or just completely disconnected from your own voice, and distant from your potential- you're not alone.

I've been there. Owning the stage was always my dream- not just literally, but in any room I walked into. And to get there, I had to break free from that mental prison. That's why I built this cheat sheet to get you back in the driver's seat fast.

This cheat sheet gives you the exact 5 tools I use to stay calm, clear and convicted on stage, in high-stakes conversations, and in moments where it would've been easier to shrink. These tools are now on autopilot for me, and with practice and application, they can be for you too. That's why I've included space for you to journal as you go. So you can make this real, integrate it fast, and turn clarity into action.

Give yourself just 5 minutes each time you use them, and you'll move from:  
head noise → clarity  
self-doubt → self-trust

### **Here's the truth:**

Clarity already lives within you.

And confidence? It's not something you wait for. It's the outcome of speaking with conviction and acting before you feel "ready." You may just need the right prompts to access it.

These 5 tools are designed for the moments when:

- Your mind gets too loud
- You forget your own power
- Or you're ready to level up

They'll cut through the chaos, reconnect you with your inner certainty, and help you take bold, clear action. Not from pressure, but from presence.

It's simple, and it's repeatable - which is very important so we can lock it in.

### **Practice creates momentum:**

Any time you're feeling stuck, overwhelmed, or like your communication is falling short of your potential, come back to these. Maybe one will stand out as your personal power code. But used together, they're a potent framework.



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## THE CHEAT SHEET

5 Prompts | 5 Minutes:  
To Speak from Your Power.  
Because the impact of your voice  
and communication is about so  
much more than what you say.



MIND DETOX

CLARITY FILTER

FEAR SPOTLIGHT

ENERGY REFRAME

IDENTITY SHIFT

### MIND DETOX

**Clear the mental clutter so you can actually start to hear your real voice.**  
What stories, assumptions, or judgments are cluttering my head right now?

### CLARITY FILTER

**Get specific about what matters, to organise your intentional path of action.**  
What do I really want to say or make happen right now?

### FEAR SPOTLIGHT

**Bring unconscious fear into the light, so it stops running the show.**  
What am I afraid might happen if I speak up or show up fully? Label the fear/s.

### ENERGY REFRAME

**Return to your frame - release the need to perform, prove, or impress.**  
Where am I trying to prove something right now? Can I validate that myself?

### IDENTITY SHIFT

**Step out of who you've been, and boldly into who you're becoming.**  
Who do I want to be in this moment, and what would they say or do?

## 1 PROMPT 1: The Mind Detox (1 minute)

**“What thoughts am I currently obsessing over? Which ones are pushing me to act from fear or doubt?”**

Action: Take a deep breath and write down the noise in your head. Then, circle what’s truly yours, and cross out everything that’s not- judgments, external expectations, and assumptions.

Why it works: It clears mental clutter, helping you distinguish between your true thoughts and external noise. When we label thoughts, and guide the inner critic, we take the reigns of control back from within.



## 2 PROMPT 2: The Clarity Filter (1 minute)

**“If I fully trusted myself, what matters most right now- and what clear action or message wants to come through?”**

Action: Write down the first response that comes to mind. No second-guessing. Just trust the answer that rises naturally.

Why it works: This shifts your mind from analysis paralysis to self-trust, helping you lead from certainty instead of fear - freeing up the mental energy usually drained by uncertainty.

### 3 PROMPT 3: The Fear Spotlight (1 minute)

**“What’s the worst that could happen if I fully stepped into this decision or action?”. “Is that worst-case scenario really as dangerous as my mind is making it?”**

Action: Write out your fear/s and then challenge it. Break it down into facts, is it really true?

Why it works: Exposes irrational fears and removes their power. Fear loses its grip when it’s faced directly. By playing out the worst-case scenario, you often find the middle ground. And realise it’s rarely as bad as it seems. This helps you move from imagined threat to grounded reality.



**“Where am I trying to prove something right now? What would happen if I let that part of me rest, and released the need to perform, prove or impress?”**

Action: Take a moment to breathe deeply and release the need to prove yourself. Let go of the weight of expectations, and return back to your own frame of reference & experience.

Why it works: It helps you reconnect with your authentic self, free from performance pressures.

## 5 PROMPT 5: The Identity Shift (1 minute)

**“If I were already the confident, self-trusting leader that I’m becoming, what would I do next?” “How would I show up?”**

Action: Write from the perspective of your future self, the version of you who is already living from self-assurance. What would they say, decide, or take action on today?

Why it works: Activates your highest potential, and aligns your actions with the version of you you’re stepping into. Lasting change happens at the level of identity, not just habits.