



The Confidence Reset

A soulful guide to remembering your worth.

3 Daily Practices to Stop Shrinking and Start Owning Your Power

“Confidence isn’t loud—it’s rooted.”



Hey *Queen*,
If you've ever found yourself
questioning *your worth*,
shrinking your light to fit in, or
waiting for confidence to show
up before you make your next
move, finally — I see you.

This guide is about
remembering who you
already are beneath the
doubt: **powerful, worthy, and
rooted.**

◆ Every practice here is simple,
soulful, and real, just gentle
daily resets that help you
come back home to yourself.
Let's begin this journey back
to your power — one
grounded breath, one kind
word, one mirror moment at a
time.

With love,

Virginia

Founder, Her Roots Her Wings

Practice 1 – Ground in Your Body



🌸 Reflection Prompt



When do I feel most grounded, calm, and safe
in my body?

Confidence isn't just a mindset — it's a felt experience.

Before you speak, plan, or show up for anyone else, pause and come home to your body.

Try this:

Each morning, place one hand on your chest and the other on your belly. Take a slow, deep breath in through your nose... and exhale through your mouth.

Whisper to yourself:

“I am safe in who I am today.”

Let the words sink in. Feel the weight of your body supported beneath you. When your body feels safe, your confidence no longer needs to perform — it simply exists.

Practice 2 — Speak Kindly to Yourself



🌸 Reflection Prompt



What words or phrases do I want to hear from myself more often?

Confidence grows when your inner voice becomes your ally, not your critic.

Every word you say to yourself either waters your power or drains it.

So today, begin paying attention to your self-talk.

When you hear that harsh voice whisper, “I should be doing more,” gently correct it with compassion.

Tell yourself:

“I am doing the best I can with what I have, and that’s enough for today.”

You don’t need perfect words —you need honest kindness.

Because every time you choose grace over guilt, you reclaim another piece of your confidence.

A large green rounded rectangle containing a reflection prompt and a series of horizontal lines for writing. The lines are spaced evenly and extend across the width of the rectangle.

You don't need to become confident — you need to remember that you already are.

The real work isn't about loudness or perfection; it's about presence, grace, and trust in your own becoming.

These practices are a beginning — a soft return to yourself.

Keep showing up, even on the quiet days. Confidence grows in the small moments of self-honoring.



Ready to go deeper?

My self-paced course *Confidence Reclaimed* is your next step — an intimate, guided journey to rebuild self-worth and power from the inside out.

With love and intention,

Virginia Nganga

Founder, Her Roots Her Wings

🌸 Continue your journey at

HerRootsHerWings.com

A sanctuary for women rising in confidence, worth, and purpose.

Ready for more? Explore the self-paced course

👉 **[Confidence Reclaimed](#)**

COACHING