

The Confidence Gap

by Russ Harris

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Name one value, then take a 2-minute action today**

Pick one value (connection, growth, health, creativity, service, adventure) and do one tiny thing in its direction in the next 2 minutes - before you feel ready.

MON TUE WED THU FRI SAT SUN

⁰² **Practice the defusion phrase out loud**

When a sticky thought appears, say: 'I'm having the thought that ____.' Notice how the thought loosens its grip when you label it as a thought instead of a truth.

MON TUE WED THU FRI SAT SUN

⁰³ **Run a 60-second expansion drill**

Locate the fear in your body. Breathe into it for 60 seconds. Don't fight it, don't fix it - just make room. Then act on the next small step.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Write your Values-Action statement on paper**

Use this template: 'I will [action] for [value], even while feeling [fear].' Stick it where you'll see it before the moment that matters.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Schedule one courageous act this week**

Put it on the calendar with a time. Vague intentions stay vague. A specific time + specific action turns courage into a kept appointment.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Debrief after the action, not before**

Confidence grows in the after. Spend 2 minutes noting: I did it scared. What I learned. What I'll try next. Skip the pre-action rumination loop.