



Your Confidence Code

This is a reflection journal for Black women navigating imposter syndrome and reclaiming bold, faith-fueled confidence. This journal can be filled online, or you can print it and fill it out by hand. Or, use the prompts to write in your own journal.

1. When Imposter Syndrome Speaks...

Write down some of the thoughts or beliefs that show up when you feel unworthy, not good enough, or like a 'fraud.'

2. Who Told You That?

Identify where some of these limiting beliefs came from—culture, family, experiences, or environments. What early messages shaped how you see yourself today?



3. Truth Talk (Faith-Based Affirmations)

Replace each lie with truth. Below are some affirmations to guide you; feel free to create your own:

- I am qualified because I was called.
- I am not behind; I'm being prepared.
- I don't need permission to walk in purpose.
- My confidence is rooted in truth, not titles.

4. What Confidence Looks Like for Me

Describe what embodied, bold, aligned confidence looks like in your life—on your terms.

5. My Confidence Action Plan

List 2-3 specific actions you'll take this week to show up confidently, even when imposter syndrome whispers.