



FREE RESOURCE

Confidence Reps Workbook

Small daily actions to build evidence
and back yourself. Five minutes a day.

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Confidence = Evidence = Action

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FIVE MINUTES A DAY

Welcome to the Confidence Reps Workbook

Confidence is not a personality trait you are born with. It is a result. You build it exactly like you build strength: with reps. Small actions, done daily, that give you proof you can trust yourself.

That is the whole equation: **Confidence = Evidence = Action**. Take a small action, collect the evidence, and confidence follows. Then confidence makes the next action easier. It is a flywheel, and this workbook is how you start spinning it.

What is a confidence rep?

A confidence rep is one small action that your future self will thank you for, done today, especially when you do not feel like it. Examples: a 10-minute walk when you wanted to skip it, prepping tomorrow's lunch, sending the message you were putting off, doing your workout, going to bed 30 minutes earlier.

The rules

1. **Small counts.** A rep you actually do beats a perfect plan you do not.
2. **Write it down.** Evidence only works if you can see it. That is what the log is for.
3. **Never miss twice.** Missing a day is human. Missing two is a pattern. Get the next rep.

**You do not need to feel confident to act. You need to act to feel confident.
Action comes first. Always.**

WEEK ONE

Daily rep log

Each morning, choose one small action and write it down. Each evening, tick it off and note the evidence: what did today prove about you?

Day	Today's rep (one small action)	Done	Evidence: what did this prove?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

End of week one: read back every line of evidence. That list is not luck. That was you.

WEEK TWO

Daily rep log

Same drill. If week one felt easy, make the reps slightly bigger. If it felt hard, make them smaller. The streak matters more than the size.

Day	Today's rep (one small action)	Done	Evidence: what did this prove?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Fourteen days of evidence changes how you talk to yourself. Keep going.

LOCK IT IN

Weekly reflection

At the end of each week, take five minutes with these four questions. Honest answers only. This is where the evidence becomes identity.

Question	Your answer
What am I most proud of this week?	
What did I do that I did not feel like doing?	
What does this week prove about who I am becoming?	
What is one rep I will repeat next week?	

Growth minds only. You are clearly one of them, because you made it to the last page and you are still here. Take today's rep. Let's make today day one.

First step: book a free 15-minute chat with me. You are one decision away from the clarity you have been looking for. Let's make today day one.

Not ready yet? No worries. Keep following me at @ItsLouSutherland and I will be here every step of the way. And if you have a health or fitness question, send me a DM, I am always happy to help. You get answers, and I learn how to help people better. Win-win.