THE MAGNET WOMAN

The Confidence Journal

A guide to finding your voice, setting boundaries and trusting yourself

WITH 30 DAYS OF GUIDED PRACTICE

For the woman who keeps second-guessing herself.

You type a message, read it again and remove the sentence that says what you really want. You agree to a plan before checking whether you have the time. Someone asks where you would like to go, and you say, 'Anywhere is fine.' Later, you wonder why your own wishes feel so difficult to hear.

Perhaps your life looks capable from the outside. You take care of people, meet responsibilities and find a way through busy days. Yet before an unfamiliar conversation, a decision or a small disagreement, you start looking for someone to confirm that you are doing it correctly.

If you recognise yourself here, begin with curiosity. You do not need to turn every habit into a personal failing. You may have learned to stay agreeable, avoid mistakes or make yourself useful. Those responses might have helped you in some situations. You can now consider which ones still serve you.

This journal invites you into the ordinary moments where you can practise a different response: letting your preference remain in a sentence, asking the question you nearly swallowed, or making a small choice and allowing yourself to learn from it.

You are welcome here even if you do not feel ready. You can bring the hesitation, the unfinished answers and the part of you that is still unsure. There is room for all of that while you begin.

Begin with a moment you recognise, rather than a version of yourself you think you should be.

Clear can still be kind.

Perhaps you know what you want to say, but try to make it easier for everyone to hear. You add 'just', 'maybe' and 'sorry' until the request becomes difficult to find. Consider whether your words are offering useful care or hiding the point you hoped to make.

Imagine a task has been added to an already full day. One response is, 'Sorry, I am probably being difficult, but I am not sure I can manage.' A clearer version might be, 'I can finish one of these today. Which should take priority?' The second answer gives the other person information they can use.

You can also be warm while expressing a preference: 'Thank you for asking. Saturday morning works better for me.' You can ask for clarification: 'Could you show me an example of what you need?' You can make a request: 'Could we agree on a time before I make arrangements?'

Clear language does not guarantee agreement or a pleasant response. Other people have their own needs and habits. What you can practise is giving an honest account of your position, listening to the reply and considering what follows.

Start in an ordinary conversation where the stakes are manageable. Write your main point before adding explanations. Read it aloud and ask whether it sounds like something you would say. Keep your own warmth and personality. The goal is for your meaning to be heard, not for every sentence to sound polished.

Before speaking, ask: What is the one thing I want the other person to understand?

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DAY 01

Notice where you already trust yourself

You already make choices, solve problems and care for things that matter. Familiar strengths can be easy to overlook because they no longer feel difficult. Begin with evidence from your own life.

For example: You might organise a busy morning, learn a new task or recognise when someone needs help. Ordinary examples count.

Describe a recent situation you handled. What did you actually do?

Which quality helped you, and where else could you use it?

A SMALL ACTION

Write down one strength in plain language. Keep it somewhere you will see it.

What did you notice when you gave yourself credit?

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DAY 10

Receive the compliment

You can acknowledge kind words without arguing against them. Accepting a compliment does not commit you to feeling confident about every part of yourself.

For example: When someone says your work was thoughtful, you can say "Thank you, I put care into it" instead of listing its flaws.

How do I usually respond when someone compliments me?

What would I like to practise saying instead?

A SMALL ACTION

If a genuine compliment comes today, pause and say thank you. Otherwise rehearse a response to a past one.

What felt unfamiliar about letting the compliment stand?

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