



Momentum Takeaway Sheet

Letting Confidence Grow One Word at a Time

1. Celebrate Past Wins

- Small moments of courage still count
- Your past bravery is proof of your growth
- Confidence grows when wins are acknowledged

2. Surround Yourself with People Who Value Your Honesty

- Supportive environments make speaking up easier
- You deserve to feel safe being truthful
- Respect strengthens confidence

3. Shift from Winning to Being Heard

- Connection matters more than control
- Being heard doesn't require agreement
- Calm clarity builds confidence

4. Trust Practice Over Perfection

- Confidence is built through repetition, not flawlessness
- Every conversation is a learning experience
- Showing up matters more than getting it "right"