

 **Weekly Takeaway Sheet** ***Knowledge Builds Confidence Through Action*****1. Confidence Grows When Knowledge Is Applied, Not Just Collected**

- Information becomes empowering when it's used
- Action turns insight into self-trust
- You already know enough to begin

2. Small Choices Reinforce Self-Trust

- Tiny actions build big confidence over time
- Keeping small promises to yourself matters
- Consistency creates inner safety

3. Waiting Until You Feel “Ready” Keeps You Stuck

- Readiness is created through action
- Confidence follows movement, not perfection
- You're allowed to start imperfectly

4. Action Clarifies What You Already Know

- Doing brings clarity faster than overthinking
- Experience sharpens intuition
- Every step teaches you something useful