

## **WEEK 3**

### **Confidence and Inner Stability**

Steadiness without performance

Suggested time: ~40 minutes

### **Reflection**

Where in my life do I already know the answer, even if I hesitate to trust it?

What does confidence feel like in my body, not my thoughts?

What is one small decision I can make without second-guessing?

### **Sound Experience**

Allow your body to receive the sound without effort.

If your attention drifts, gently return to listening.

### **Notes (optional):**

### **Integration**

Where can I practice trusting myself in a simple, grounded way?

*There's nothing you need to do with this. Let it settle naturally.*

