

THE CONFIDENCE TOOLKIT

A calm, practical reset — in 5 minutes or less
Dr. Lenora Epple

THRIVE WITH CONFIDENCE



When your brain is loud, your energy is low, or decisions feel heavy—come back to clarity + small reps.



3 ACTIONS TO RESET OVERWHELM



1) The Clarity List (2 minutes)

- What's true? (facts, not fears)
- What matters most? (value/priority)
- What's the next right step? (one small move)

Mantra: *Confidence follows clarity.*

2) The Two-Option Rule (decision relief)



Choose two acceptable options. If both move you forward, you win.

Mantra: *Two good options create momentum.*

3) Small Reps (self-trust in action)



Pick one tiny behavior and run it as a two-week experiment.

Identity line: "I'm someone who keeps promises to myself."

Mantra: *Confidence is built in reps.*



3 PHRASES TO BORROW (CALM + CLEAR)



- "Help me understand."
- "What are my options—and what do you recommend and why?"
- "I need a moment to think. I'll get back to you by ___."



Small Steps Matter

3 QUESTIONS THAT SHARPEN DECISIONS

- Most likely + what else are we ruling out?
- What would success look like in 30 days?
- What's the smallest step that would make the biggest difference?

Bottom line: *One small rep. One next right step.*

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Bonus Tools: Doctor Visit + Body-Confidence Anchors

THE 2-MINUTE PRE-VISIT POWER NOTE



Open a note in your phone and fill this in before your appointment:



1) My top 2 concerns:

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2) Timeline (when it started / what changed):

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3) Impact (how it affects sleep, work, movement, mood):

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4) My ask today:

"I want a plan + next steps. Specifically:"

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BODY-CONFIDENCE ANCHORS

These are confidence builders that have nothing to do with perfection:

- Strength is confidence you can measure (stairs, balance, getting up from a chair, carrying groceries)
- The boring basics work: protein + movement + sleep
- Track energy and sleep, not just weight
- Aim for a capable body—one that supports your life

The goal isn't a perfect body. It's a capable one.

Don't forget to bring:



Current meds/supplements + any allergies

If you leave without a plan you understand, the visit isn't done. Don't be afraid to ask questions.



If today feels hard, start smaller than you think you should.



Small is not weak. Small is repeatable.



Dr. Lenora Epple, Internal Medicine Concierge Physician

Call: (573) 616-0031

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