

Confidence

Name: _____

Date: _____

Answer each question in the space provided.

1. Practice What You're Good At: Write down three talents, skills, or good qualities you do well and enjoy using.

2. Now pick one strength or skill to focus on. Write down ideas on how you can find time to practice and do it once a week or more.

3. Make a Can-Do List: Make a long list of things you can do — even the little stuff.

4. Give Yourself a Confidence Challenge: Write down this sentence and finish it at least 5 ways: "If I had more confidence, I would..."

5. Write a Confidence Self-Talk Script:

Write down what you'd say to convince yourself that you already have what it takes to do each of the 5 things you put in your list for Task 3
