

Confidence Building Workbook

Confidently Human Confidence Building Workbook



Confidence isn't something you're born with-it's something you build. This workbook will help you unlock your potential, overcome fears, and take control of your self-image. Let's embark on this transformational journey!

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Section 1: Self-Assessment

Activity 1.1: Define Confidence

In your own words, write down what confidence means to you:

Confidence is: _____

Activity 1.2: Confidence Inventory

Rate yourself on a scale of 1-10 in these areas:

1. Speaking in front of others: ____
2. Making decisions: ____
3. Trying new things: ____
4. Managing setbacks: ____
5. Expressing opinions: ____

Now, list 3 situations where you felt confident in the past:

1. _____
2. _____
3. _____

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Section 2: Identifying Barriers

Activity 2.1: Recognize Your Inner Critic

Write down 3 common negative thoughts you have about yourself:

1. _____
2. _____
3. _____

Next, reframe each negative thought into a positive or neutral statement:

1. _____
2. _____
3. _____

Activity 2.2: Fear Journal

Write down your top 3 fears about stepping outside your comfort zone and what's the worst that could happen if these fears came true.

Fear: _____

Worst-case scenario: _____

Now, write what you could do to overcome or recover from that worst-case scenario.