

# Building Your Confidence

## What to Know

Do you believe in yourself and generally think you're skilled or talented? If you answered no, you might suffer from low self-confidence. If you're confident, you feel secure with your abilities, strengths, or ideas. You are self-assured and actively overcome challenges. If your confidence is currently low, you'll be happy to know that you can build it!

Building confidence takes practice. The exercises included in this worksheet are designed to be done regularly, so it's important you make time to practice every week.

## What to Do

Choose a journal or notebook and write the date at the top of a new page. Write down whichever tasks you are working on that day. Include your answers to the questions below, and your reflections on each task. Write by hand, because handwriting helps you remember and process information in a way that typing on a keyboard doesn't. Don't worry if you don't fill each page every day.

Not only will these activities build your confidence, but they will also boost your happiness. Research indicates that accomplishing things like achieving goals, or stepping up to meet challenges, increases happiness.

The activities below are designed to help boost your confidence. You'll start by getting better at something you're already good at. Then, you'll challenge yourself to do something you've always wanted to do but might not feel confident enough to do it.

### **1. Write down three talents, skills, qualities, or abilities you do well and enjoy – and practice them as much as possible.**

Examples of talents, abilities, or skills include dancing, learning languages, drawing, writing, interior decorating, organizing, baking, and so forth. Examples of qualities include kindness, humor, creativity, etc. Some of these you can practice every day, while others might happen just once/week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Pick one strength, talent, quality, or skill to focus on. In your journal, write it down and brainstorm ideas on how you can find time to practice and do it *at least* once a week. Be specific. For example, write down where you will take a lesson or class, what group or committee you will join, where and when you will participate, or any other information so you will make time in your schedule.

Here is an example: *I'm a great knitter, and I enjoy knitting while socializing with others. To make this talent part of my life, I will join a local knitting group that knits socks for the homeless. They meet once/week (Wednesdays at 6:00 pm) at the Community Center.*

Tip: If this is a recurring event or meeting, be sure to add it to your calendar or planner.

**2. Make a "Can-Do" list.** Are there things – even little things – that people don't know you can do? Perhaps you take the things you *can* do for granted! For example, maybe you can fix a flat tire, play guitar, draw cartoons, or drive a car. Write your list below or in your journal.

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**3. Take the Confidence Challenge.** It's time to step up and challenge yourself. In your journal, write down this sentence and finish it at least six ways: "If I had more confidence, I would..." For example: *If I had more confidence, I would do standup comedy, start a business, travel overseas, return to college, and obtain a degree...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

After you finish writing the sentences, reflect on what's stopping you from doing each thing. In your journal, choose the easiest or hardest one and write about how you can muster enough confidence to do it. What would you need to do? Whose support or encouragement might help you? Imagine you actually did the thing – with confidence.

Next, choose at least one action you can take to complete one thing from your list.

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When will you do it? \_\_\_\_\_ Who can help you? \_\_\_\_\_

Did you do it? Yes / No

**4. Write a Confidence Self-Talk Script.** In your journal, write down what you can say to yourself to reinforce that you have what it takes to do the six things you included in your list for Task 3. Try to re-read your script several times each week. Set a reminder on your smart phone or note it on your calendar so you don't forget.

### Reflections on This Exercise

What was the most difficult part of this exercise?

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After practicing the activities for at least a month, are you more or less confident? Explain.

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How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this activity?

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