**LESSON 1 WORKBOOK**

Build Your
Self-Confidence

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# What It Means To Have Self Confidence

Self-confidence is defined as having a strong sense of trust in your own abilities, qualities, and judgment. A self-confident person believes in themselves; they know they’re able to make good choices because they trust their abilities to do so.

**A self-confident person has a strong sense of trust in their own unique abilities.**

**Being able to trust your own qualities is another important part of being self-confident.**

Self-confident people know themselves very well; they have a thorough understanding of all their personal qualities that make them unique human beings. By understanding all those qualities, they understand how to use those qualities to enhance their own lives and the world around them.

**A self-confident person trusts in their own judgment.**

Because they trust in themselves to make good, sound decisions, self-confident people often have an excellent sense of judgment. When they must make a decision, a self-confident person knows they have all the personal tools necessary to make the best choice.

# Exercise 1: Evaluate Your Own Confidence

## Describe your self-confidence. Include all the things you feel confident about within yourself.

## List the things about yourself that you are confident about

## Describe how you do OR don’t trust your own qualities

## Describe how you do OR don’t trust your judgement

## List those areas where you lack self-confidence

## What do you think are the reasons?

## List all the areas where you would like to build your self-confidence

## Make a plan on how you will address your self-confidence issues.

For example, if you lack confidence in public speaking you will put yourself in those situations so you can build your confidence. Perhaps you will choose to seek help from a therapist or counselor.

# Exercise 2: Develop Your Self-Confidence

Fortunately, self-confidence can be learned.

## List all your successes. Think back far in time, make a complete list

## List 20 aspects of yourself that you admire

Twenty individual things may seem like a long list, but really challenge yourself to come up with them all.

## Activity: Practice taking compliments to heart whenever you receive them. Write about those experiences here.

### Write 10 compliments from you to you

## Carve out some time every day to practice some self-care. Plan your activities in the table below.

* Treating yourself to a favorite meal or treat from a restaurant you enjoy
* Taking a long nap
* Taking a hot, steamy bath or shower
* Healthy diet and exercise
* Rest and relaxation
* Spending time engaging in an activity you enjoy doing
* Catching up on your favorite TV shows
* Treating yourself to a manicure or pedicure
* Giving yourself permission to turn off your emails and cell phone notifications in the evenings

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |

## Create a positive mantras you can recite every day. Write it down somewhere where you’ll see it regularly.

Your mantra doesn’t need to be lengthy or complicated. For example, it can be as short and simple as “I believe in myself” or “I know I can do good things.” Build your mantras around your list of areas that you would like to build confidence that you created in Exercise 1.

When you see your mantra, repeat it to yourself multiple times. Doing so accomplishes a few important things: it refocuses your thoughts on what really needs your focus, it reinforces positive thoughts about yourself and it stops negative thinking in its tracks.

## Identify a trusted group of people to serve as your support system

## Find something new and interesting you can learn more about, write about it here

## Determine what your personal boundaries are and establish them where they’re needed, describe that here

## Give yourself permission to try a new look or style that interests you, write about your experience here

## Practice turning your negative thoughts and self-talk into something positive

|  |  |
| --- | --- |
| **Negative Thought** | **Positive Thought** |
| “Those people are going to laugh at me if I try to talk to them.”  | “If I go talk to those people, I might make some new friends.” |
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## Practice saying one kind thing to yourself every day. Write those things down here and describe your experience

## Do some kindness for someone who needs it and focus on the emotions it creates for you and describe your experience

## List your personal strengths

### Describe how those strengths have served you in your life

### Describe how those strengths benefit others

### How can you use more of those strengths to boost your self-confidence

## Describe your experiences with constructive criticism, how do you react? What do you say? What do you think? How do you perceive it?

### Make a plan on how you will be more positive in accepting such criticism

Learning how to accept criticism gracefully is a great way to boost your confidence. For example, instead of allowing yourself to immediately feel upset or depressed when someone tells you something about yourself that you find upsetting, allow yourself to consider what that person is really saying – is there truth to it?

Hearing something critical about yourself can feel challenging. Nobody likes to be told that someone else finds issue with them or something they’re doing. It can often feel like a personal attack and can damage your self-confidence. If so, take a critical look at yourself and your actions. This criticism may be valuable information you can use to improve yourself.

### Activity: Practice accepting criticism with grace, for example you can ask a friend or family member to give you some, write about your experiences here

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