

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.

Blank lined paper template with 30 horizontal lines.

A series of horizontal lines intended for writing.

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

Lined writing area for listing areas to build 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.

Series of horizontal lines for writing a plan.

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

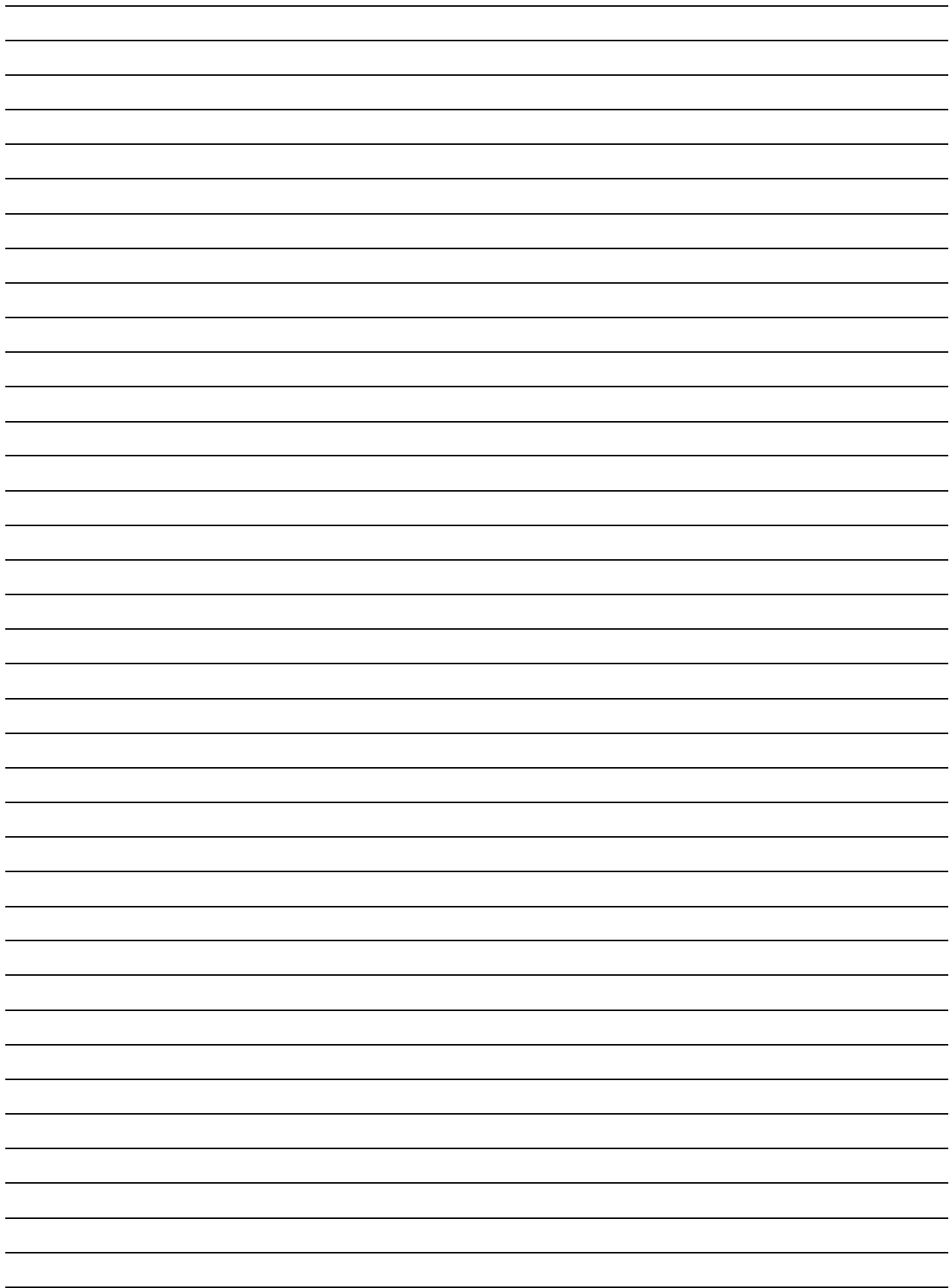
Your mantra doesn't need to be lengthy or complicated. For example, it can be as short and simple as "I believe in myself" or "I know I can do good things." Build your mantras around your list of areas that you would like to build confidence that you created in Exercise 1.

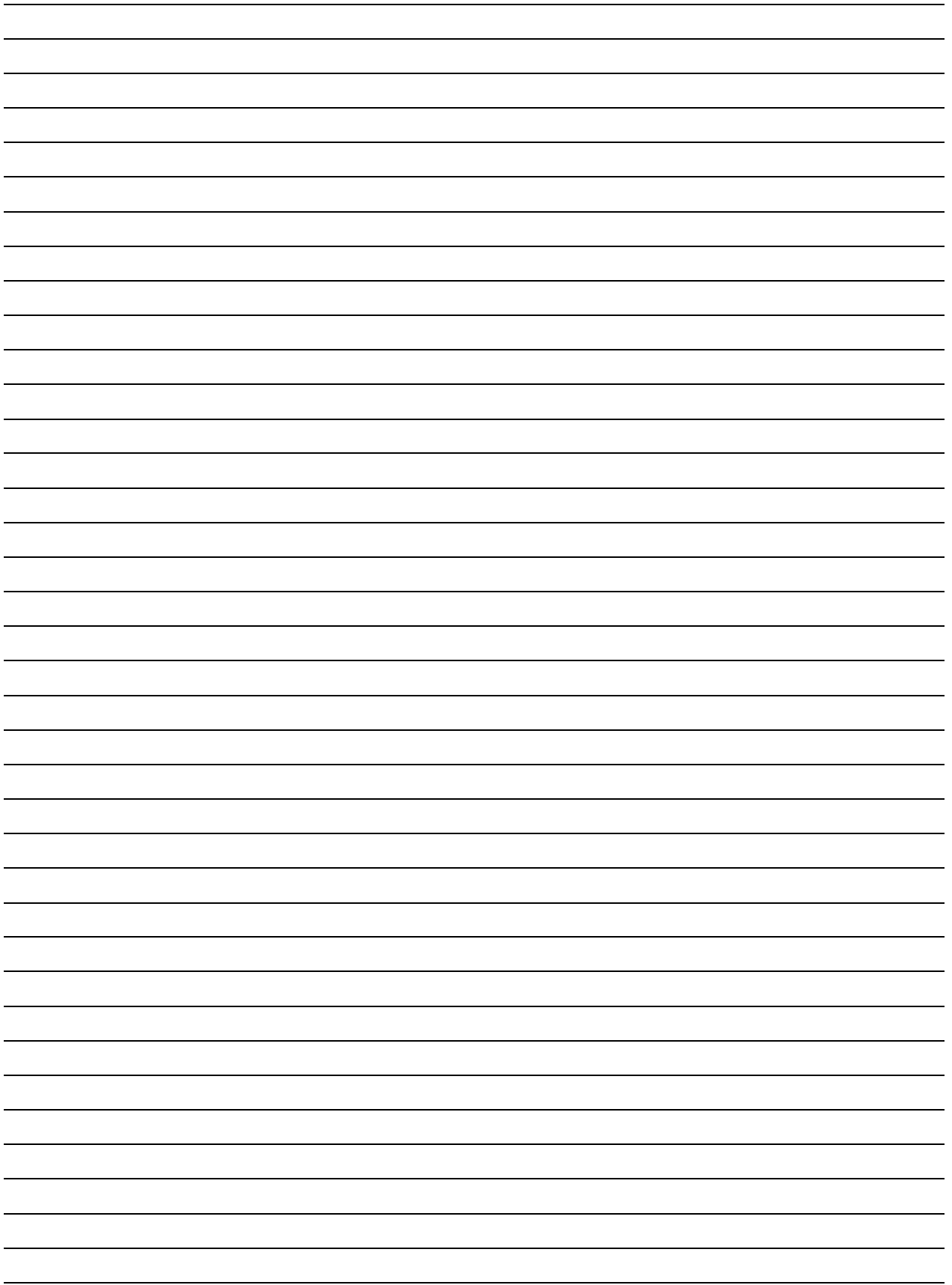
When you see your mantra, repeat it to yourself multiple times. Doing so accomplishes a few important things: it refocuses your thoughts on what really needs your focus, it reinforces positive thoughts about yourself and it stops negative thinking in its tracks.

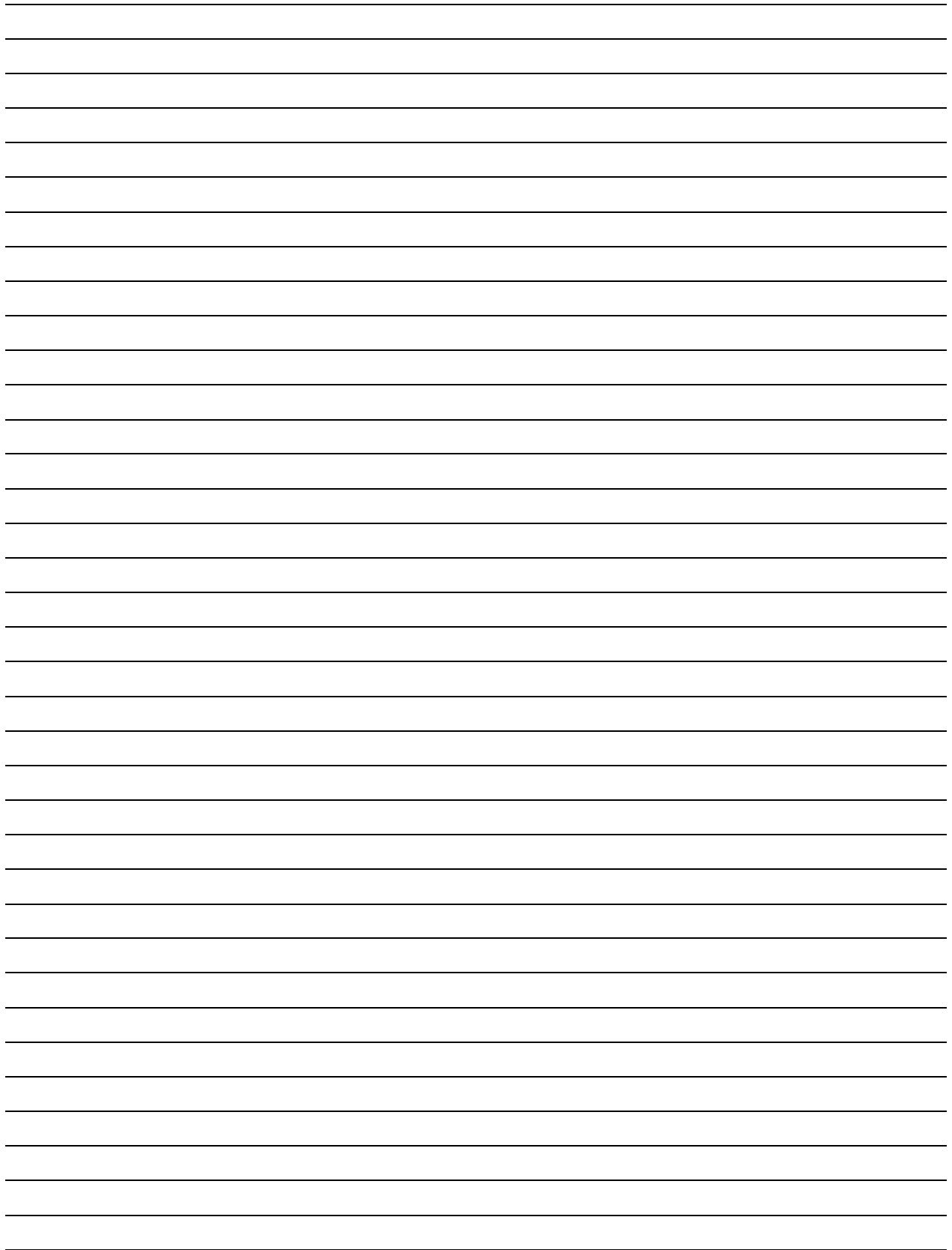
A series of 20 horizontal lines for writing.

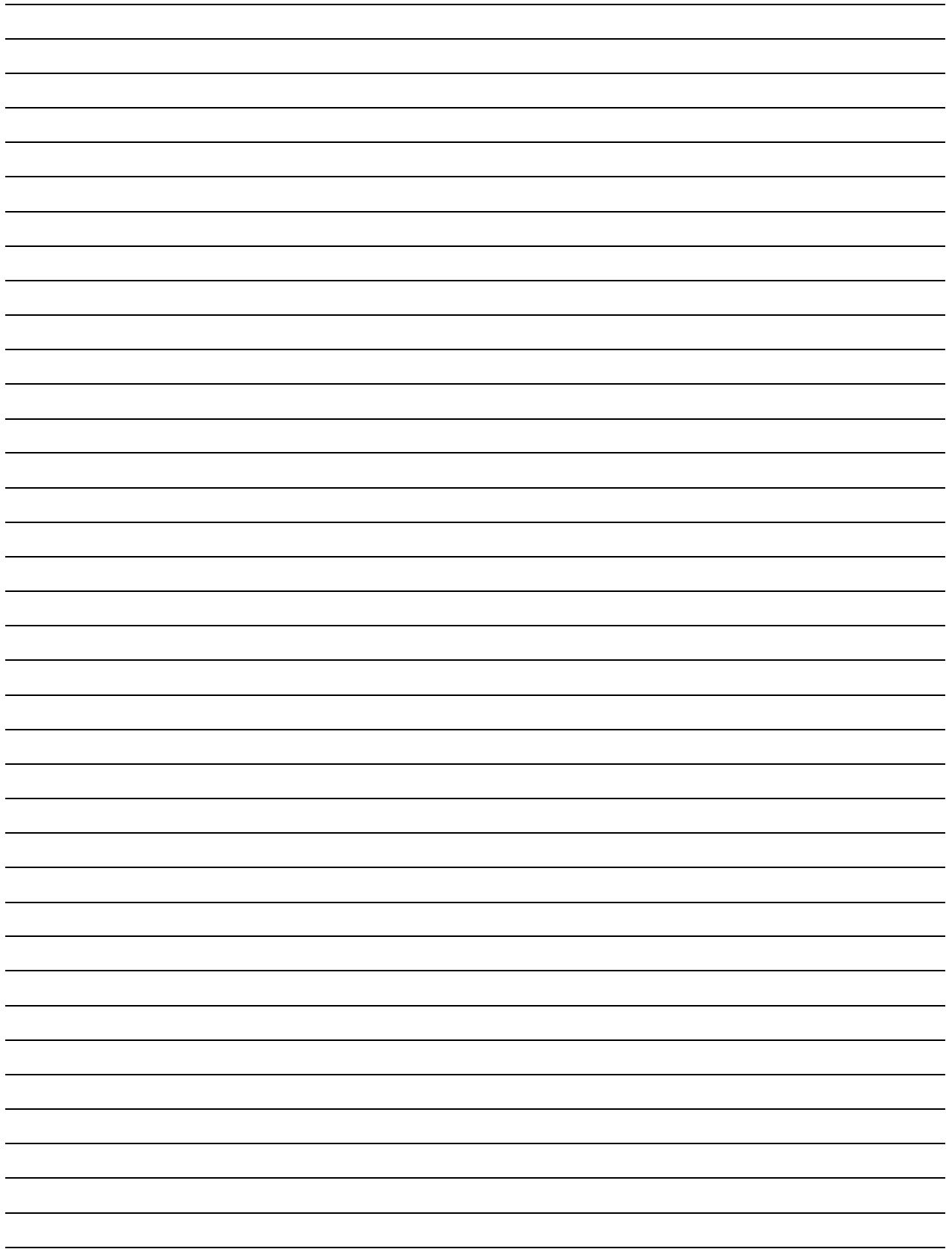
Practice turning your negative thoughts and self-talk into something positive

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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