



THE AMBOSELI GROUP
HELPING OTHERS ACHIEVE MORE

PERSONAL DEVELOPMENT PLAN FOR CONFIDENCE GROWTH

A strategic guide created to outline areas of improvement and resources needed to enhance self-confidence.

Name

Date

INSTRUCTIONS

On a scale of 1 to 5, what is your current confidence level?

Very Dissatisfied

1

Dissatisfied

2

Neither Satisfied
or Dissatisfied

3

Satisfied

4

Very Satisfied

5

Five areas of confidence that women commonly face:

- **Physical Confidence:** This involves feeling comfortable and positive about one's physical appearance and body image. It includes aspects like body positivity, fitness, grooming, and overall self-care.
- **Emotional Confidence:** This pertains to managing emotions effectively, expressing feelings openly, and maintaining emotional resilience. It includes self-awareness, emotional intelligence, and self-compassion.
- **Intellectual Confidence:** This relates to having confidence in one's knowledge, skills, and abilities. It includes aspects like problem-solving, decision-making, continuous learning, and intellectual curiosity.

- **Social Confidence:** This involves feeling assured in social interactions and relationships. It includes communication skills, networking, public speaking, and the ability to build and maintain healthy relationships.
- **Spiritual Confidence:** This pertains to having a strong sense of personal beliefs, values, and purpose. It includes spiritual growth, alignment with one's values, inner peace, and a connection to something greater than oneself.

Evaluate your current level of confidence. Identify areas where you feel confident and areas that need improvement.

PHYSICAL CONFIDENCE



EMOTIONAL CONFIDENCE



INTELLECTUAL CONFIDENCE



SOCIAL CONFIDENCE



SPIRITUAL CONFIDENCE



Not Confident



Slightly
Confident



Moderately
Confident



Confident



Highly Confident

Challenges: List specific situations or tasks where you feel less confident.

Strengths: Recognize your strengths and how they can be leveraged to boost confidence.

STRATEGIES & ACTIONS

For each confidence area, outline strategies and specific actions to achieve increased confidence.

Goal

Skill Development: Identify skills that need improvement and plan for training, workshops, or courses.

Positive Self-Talk: Develop affirmations and practice positive self-talk daily.

Networking: Set objectives for making new professional contacts and seeking mentorship.

STRATEGIES & ACTIONS

For each confidence area, outline strategies and specific actions to achieve increased confidence.

Feedback: Plan to seek feedback regularly to identify areas for improvement and track progress.

NOTES:

REFLECTION

Achievements: Regularly document achievements and situations where you successfully applied your strategies for confidence growth.

Learning Points: Note any setbacks or areas where expectations weren't met as learning points for future development.

NOTES SECTION

Stay in Touch



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