



Building confidence is a journey, not a destination. This worksheet is designed to help you reflect on your strengths, celebrate your achievements, and set empowering goals to radiate positivity and motivation.

- I am good at _____.
- People often compliment me on my ability to _____.
- One thing I feel proud of accomplishing is _____.
- My friends and family appreciate me for _____.

Instructions: Fill out the table below:

Negative Thought	Positive Affirmation
Example: "I can't do this."	"I am capable and can achieve anything with effort."



Radiate Motivate: Confidence Building Worksheet

3. Visualization Exercise

Take a deep breath, close your eyes, and imagine yourself achieving a goal you've been working toward. What do you see? How do you feel? Write down your visualization below:

What I see: _____

How I feel: _____

4. Setting Small Goals

Break down a big goal into smaller, achievable steps:

- **My big goal:** _____
- **Step 1:** _____
- **Step 2:** _____
- **Step 3:** _____

5. Daily Confidence Ritual

Create a simple daily routine to boost your confidence. Examples:

- Say three affirmations every morning.
- Write down one thing you're proud of every evening.
- Spend 5 minutes visualizing your success.

Write your personalized ritual here:

Conclusion

Remember, confidence grows with practice. Keep showing up for yourself and celebrate every step of your journey. You've got this!