

# Building Confidence



## **1 Identify and Challenge Negative Beliefs**

Recognize self-limiting beliefs and challenge their validity. Replace them with positive affirmations and realistic thoughts.



## **2 Set Achievable Goals**

Break larger goals into smaller, manageable tasks. Achieving these smaller goals can provide a sense of accomplishment and boost confidence.



## **3 Develop Skills and Knowledge**

Invest time in learning and developing skills relevant to your personal or professional life. Competence builds confidence.



## **4 Practice Self-Care**

Maintain a healthy lifestyle, including proper nutrition, exercise, and sleep. Self-care promotes overall well-being and confidence.

**\*Remember to Surround Yourself with Positive Support\***

# Building Confidence Worksheet



## **1 Identify and Challenge Negative Beliefs**

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## **2 Set Achievable Goals**

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## **3 Develop Skills and Knowledge**

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