

Building Unshakeable Confidence

Confidence isn't something you're born with - it's something you build, step by step. It's about recognising your strengths, celebrating your achievements, and overcoming the inner doubts that hold you back. This worksheet is designed to help you develop a stronger sense of self-belief by guiding you through key exercises to unlock your confidence.

Grab a journal or a notebook and take your time working through each section. You'll:

- Identify your strengths and what makes you unique
- Celebrate past accomplishments, big and small
- Recognise and challenge the thoughts or habits that drain your confidence
- Reframe negative self-talk into empowering beliefs
- Set meaningful confidence-boosting goals

By the end of this exercise, you'll have a clearer sense of your worth and the tools to step forward with confidence. Let's begin!

If you're ready for deeper support in unlocking your full potential, I'd love to help - get in touch to start your journey.

with love
Jessica



Identify Your Strengths

Start by reflecting on your personal strengths, both in your professional and personal life. Think about what makes you unique and the qualities that have helped you succeed in the past.



- What are your top 3 strengths?
 - Example: "I'm a good communicator."
 - Example: "I'm reliable and organised."
 - Example: "I'm a creative problem-solver."
 -
- How have these strengths helped you in the past?
 - Example: "My communication skills helped me lead a successful team project."

Celebrate Your Accomplishments

Take some time to reflect on and celebrate your past accomplishments. Recognising your achievements, big or small, can build your confidence.

- What is one recent accomplishment that you're proud of?
 - Example: "I successfully completed a challenging project ahead of the deadline."
- What did you learn from this accomplishment that highlights your strengths?
 - Example: "I learned that I'm capable of managing multiple tasks under pressure, which boosted my confidence."
- How did you feel after achieving this?
 - Example: "I felt proud and more confident in my abilities."

Identify Confidence-Killers

It's also important to recognise what might be undermining your confidence. Awareness of these factors can help you address them more effectively.

- What situations or thoughts tend to lower your confidence?
 - Example: "I feel anxious when speaking in meetings or when I think others are judging me."
- What is one common pattern or trigger that causes these feelings?
 - Example: "I tend to focus on what others might think, instead of trusting my own expertise."

Reframe Negative Thoughts

Once you've identified the thoughts that lower your confidence, let's work on reframing them. Challenge your negative self-talk and replace it with more positive, supportive thoughts.

- Negative Thought: "I'm not good enough to speak up in meetings."
 - Reframed Thought: "I have valuable insights to offer, and speaking up will help me grow and contribute."
- Negative Thought: "What if they think I'm not qualified?"
 - Reframed Thought: "I've been chosen for this role for a reason, and I trust my skills and experience."
- Negative Thought: "I always mess things up."
 - Reframed Thought: "I make mistakes sometimes, but I always learn and improve from them."



Set Confidence-Boosting Goals

Building confidence comes from taking small steps toward things that feel challenging. Set some achievable goals to stretch your comfort zone.

- What's one goal you can set that will push you out of your comfort zone but feels achievable?
 - Example: "I'll speak up with at least one idea in my next team meeting."
- What's a second goal that will help you build confidence gradually?
 - Example: "I'll schedule a 15-minute presentation to practice my speaking skills in front of a small group."

Action Plan

Taking consistent action is key to building confidence. Write down 2-3 specific actions you can take over the next week to build your confidence.



- Action #1:
Example: "I'll write down my achievements each day to remind myself of my progress."
- Action #2:
Example: "I'll volunteer to lead a meeting at work to practice my public speaking skills."
- Action #3:
Example: "I'll start saying 'yes' to opportunities that scare me, like joining a networking event."

Reflect and Celebrate

After you take action, it's important to reflect on your progress and celebrate even the smallest wins. This reinforces positive growth and encourages further steps.

- What small win can you celebrate today?
 - Example: "I spoke up in a meeting and shared an idea that was well-received."
- How can you reward yourself for taking action toward building your confidence?
 - Example: "I'll treat myself to a relaxing evening and acknowledge my progress."

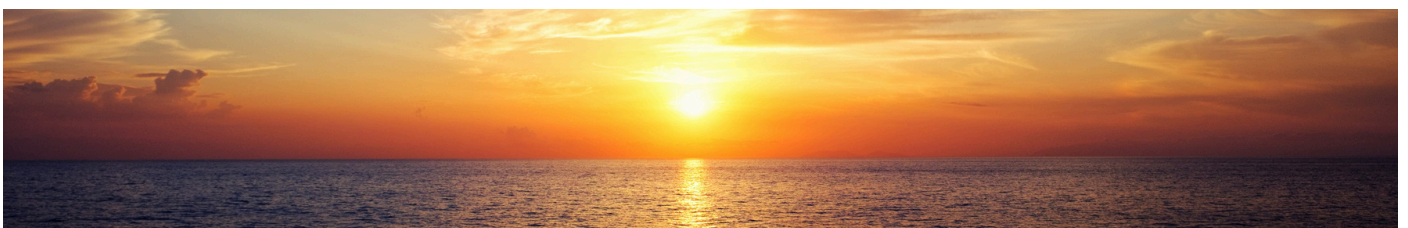
Confidence Affirmations

Finish the worksheet by creating a few confidence-boosting affirmations that you can repeat to yourself regularly.

- Affirmation #1: "I am confident in my abilities and trust in my skills."
- Affirmation #2: "I handle challenges with grace and grow stronger every day."
- Affirmation #3: "I deserve success and have the ability to achieve my goals."

Reflection

- How do you feel after completing this worksheet?
- Do you notice any patterns or new insights about your confidence?
- What will be your next step in continuing to build your confidence?



Ready to take the next step?



[Book a free
consultation call here](#)

@jessicabaker_coaching