

Confidence Booster Worksheet

This worksheet is designed to help you recognize your strengths, accomplishments, and supportive resources in your life. It's also an opportunity for self-reflection on your self-confidence and assertiveness.

How to Use This Worksheet:

1. Prepare: Find a quiet and comfortable space where you can focus and reflect.
2. Positive Mindset: Approach this exercise with a positive mindset. The goal is to boost your self-confidence and assertiveness.
3. Answer each inventory to the best of your ability.

Share five qualities or attributes you genuinely appreciate about yourself.	1.
	2.
	3.
	4.
	5.
Identify five skills or talents that set you apart from the rest.	1.
	2.
	3.
	4.
	5.
List five achievements or victories from your life that make you feel proud.	1.
	2.
	3.
	4.
	5.



List five challenging situations you've conquered and emerged stronger from.	1.
	2.
	3.
	4.
	5.
Name three individuals who've been your pillars of support throughout your journey.	1.
	2.
	3.
List three people who've contributed to your life's successes and growth.	1.
	2.
	3.
List five things for which you are grateful in your life.	1.
	2.
	3.
	4.
	5.
Identify any personal barriers or fears that may hinder your ability to be confident or assertive.	1.
	2.
	3.
	4.
	5.
What specific changes or steps can you take to enhance your life and become a more confident & assertive individual?	1.
	2.
	3.
	4.
	5.



Conclusion:

This inventory is a tool for self-reflection, self-appreciation, and personal growth. It's designed to help you see your strengths, recognize your achievements, and chart a path to increased confidence and assertiveness. After completing this worksheet, take some time to review your answers, celebrate your strengths, and consider how you can overcome any barriers you identified. Remember, building confidence is a journey, and this is just one step along the way.

Use this inventory regularly as a personal development tool, and track your progress over time. As you grow and evolve, you'll find that your answers may change, reflecting your increasing confidence and assertiveness.

Ready to amplify your self-confidence, boost your assertiveness, and transform your life? Take the next step on your journey to personal and professional growth by enrolling in our coaching program. We will guide you through a personalized plan to help you unlock your full potential.

Don't wait; invest in yourself today and become Unlimited! Visit www.RStrategyU.com to learn more and start your transformation.

