

14 Ways to Boost Your Confidence

WORKSHEET

Confidence grows through a series of experiences and challenges over a lifetime.

Each day, you are given several opportunities to build your confidence through uncomfortable situations, difficult conversations, and moments of stress. It is your *reaction* to these opportunities that determines your strength, resolve, and courage.

Through practice and preparation, you *really can* boost your confidence!

Review these 14 self-reflection questions below:

1. What can I do to boost my confidence through how I look and feel?

2. How does my body language paint a vivid picture of my confidence?

3. What positive affirmations and motivational quotes do I rely on?

4. What is my SMART goal for this week, month, and year?

5. Who is important in my life?

Do I treat them with an abundance of love and kindness?

**6. When I reflect on my situation, what are my successes?
In what way can I improve?**

7. What am I passionate about?

8. Who and what am I grateful for? Why?

9. How do I exhibit my leadership attributes to others?

10. Who do I surround myself with? Positive, like-minded individuals or toxic people?

**11. What do I strongly value and believe in?
Am I willing to make sacrifices for my beliefs? Why?**

12. How do I challenge myself to go outside of my comfort zone?

13. What do I have to celebrate today?

14. When the going gets tough, how do I react?
