



The Confidence Building Tool



THIS TOOL IS DESIGNED TO AID YOU IN BUILDING CONFIDENCE IN THE AREAS OF YOUR LIFE WHERE YOU MAY FEEL LIKE YOU ARE LACKING. RELEASE YOUR INSECURITIES FROM YOUR HEAD AND WRITE THEM DOWN ON PAPER. DEVELOP AN ACHIEVABLE ACTION PLAN, MEDITATE ON IT, AND DOCUMENT YOUR PROGRESS ALONG THE WAY.

WHAT AREA OF MY LIFE COULD USE A BOOST OF CONFIDENCE?

WHAT CAN I DO "NOW" TO INCREASE CONFIDENCE IN THOSE AREAS?

THINGS I LOVE ABOUT MYSELF

FAVORITE CONFIDENCE QUOTES

HOW WILL I HOLD MYSELF ACCOUNTABLE?

