

THE CONFIDENCE-BUILDING WORKBOOK

What Confidence Really Is

Describe a moment in your life you felt confident.

Describe a moment you lacked confidence.

What evidence could you collect this month to strengthen your confidence?

The Confidence Formula

List a skill you want to become confident in.

Break it into 5 micro-skills.

Identify how you will repeat each micro-skill this week.

Your Confidence Baseline

Rate your self-belief from 1–10.

Rate your social confidence from 1–10.

Rate your ability to handle mistakes from 1–10.

List your top 3 areas to improve.

Core Psychological Skills

Which skill is your weakest?

Choose one situation this week to practice that skill.

Daily Small-Wins System

Create 10 daily small wins for yourself.

Identity-Based Confidence

Complete the sentence: I am becoming a person who _____.

List 3 behaviors this identity would do daily.

The Exposure Ladder

List 5 fears that would improve your life if overcome.

Choose one and break it into 5 steps from easiest to hardest.

Imposter Syndrome Disarmament

Rewrite: 'I don't know enough' →

Rewrite: 'I'm not as capable as others think' →

Rewrite: 'I only succeeded because of luck' →

Resilience & Failure Skills

What happened?

What did it teach you?

What will you try next time?

Social Confidence Toolkit

Identify a social setting where you want more confidence.

Choose 3 micro-skills to practice next time.

Confidence Habits

Choose 3 habits you will practice weekly.

Describe how you will maintain them.

Final Reflection

What improved the most?

What surprised you?

What will you continue weekly?

Rewrite your confident identity: I am a person who _____.
