



Five exercises to build confidence from what's real: your strengths, your track record, and one small step.

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## 01 Where do I want more confidence?

Name the specific situation, not 'be more confident' in general.

The situation or area where I want more confidence:

  
  

How confident do I feel about it right now?

1 2 3 4 5 6 7 8 9 10

Not at all

Completely

## 02 My strengths inventory

List things you're genuinely good at, or qualities people rely on you for. Include the small and the unglamorous, patient, good listener, finish what I start.

1.

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2.

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3.

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4.

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5.

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6.

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## 03 Evidence I've handled hard things before

Write past moments when you coped, learned, recovered, or did something that scared you. This is your track record, proof you can handle more than your doubt admits.

1.

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2.

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3.

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4.

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5.

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#### 04 The doubt vs. the evidence

Write the self-doubt thought on the left. On the right, answer it with a specific fact from your strengths or track record above.

What self-doubt says	The evidence that answers it
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### 05 One small action

Confidence follows action. Choose one small step toward your situation, small enough that you'll almost certainly do it this week.

The one small action I'll take:

  
  

When and where I'll do it:

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What's the smallest first move that makes it easy to start?

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### When you're done, a moment to reflect

- If you fully trusted your own track record, what would you stop avoiding?
- Whose voice is the self-doubt in, is it even yours?
- What would 'confident enough' look like, not fearless, just willing to act?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.