

7-DAY CONFIDENCE-BUILDING WORKBOOK



01 Day 1: Rewriting My Inner Story

Date: _____

What is a negative belief I have been telling myself about my confidence?

How can I rewrite this belief into something empowering?



02 Day 2: Stepping Into My Power

Date: _____

Think of a time when I doubted myself but succeeded anyway. What did I learn?

What would my most confident self do differently today?



Day 3: Facing Challenges with Confidence

Date: _____

What's one challenge I've overcome that proves I'm stronger than I think?

How can I remind myself of this strength in moments of doubt?



Day 4: Speaking Up and Owning My Voice

Date: _____

What's one situation where I hesitated to speak up?

If I could redo that moment with full confidence, what would I say?



05

Day 5: Setting Boundaries Without Guilt

Date: _____

Where in my life do I need stronger boundaries?

How will setting this boundary protect my time, energy, or self-respect?



Day 6: Celebrating My Wins

Date: _____

What's a recent achievement I haven't given myself enough credit for?

How can I start celebrating my successes without feeling guilty?



Day 7: Creating My Confident Future

Date: _____

If I had unshakable confidence, what would I go after in my career and life?

What's the first small step I can take today toward that goal?



Date: _____

[illegible]

Reflection Questions

Date: _____

What does confidence mean to me?

[illegible]

Reflection Questions

Date: _____

Who in my life models confidence, and what can I learn from them?

[illegible]

Reflection Questions

Date: _____

What's one fear I've been avoiding, and how can I take one step toward facing it?

[illegible]

Reflection Questions

Date: _____

What's a personal mantra or phrase that makes me feel strong?

[illegible]

Power Statements

Date: _____

I am... (Write 5 affirmations about your confidence)

I will no longer... (Write 3 things you're letting go of—self-doubt, over-apologizing, etc.)

I give myself permission to... (Write 3 things you'll allow yourself to do—speak up, set boundaries, chase big goals, etc.)

