

# 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?**

---

---

---

---

