

Confidence Boost Worksheet

Date:

I'm Feeling:

Positive Affirmations:

1

2

3

4

5

"You yourself, as much as anybody in the entire universe, deserve your love and affection"

BUDDHA

I'm Now Feeling:

Actions to build your confidence:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____