Confidence Self Worth Workbook

A person-centered worksheet for practicing self-respect, believable encouragement, and inner steadiness.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource

Confidence Practice Series

The Confidence Garden

A whole-person workbook for self-worth, self-love, courage, and skill-building

Notice Practice Reflect

Understand Try one step Learn and adjust

A Gentle Reminder

Confidence is not the absence of anxiety. It is the growing ability to act with care, preparation, and self-respect even when uncertainty is present.

How To Use This Workbook

Move slowly. Read the teaching, choose one exercise, and write honestly rather than perfectly. The goal is not to finish every page at once; the goal is to notice, practice, and carry one useful insight into real life.

Name: _____ Date:

_____

1. Confidence is specific - and growable

Confidence is not one fixed personality trait. A person can feel capable in one setting and unsure in another.

Confidence grows through four interacting sources: experience, skills, supportive relationships, and the meaning we make of success, mistakes, and feedback. (cid:127) Self-worth asks: 'Can I respect my humanity even when I struggle?' (cid:127) Self-love includes care, protection, honesty, boundaries, and repair - not constant positive feelings. (cid:127) Confidence asks: 'Can I take the next workable step and respond to what happens?' (cid:127) Courage is action in the presence of fear, not proof that fear disappeared. (cid:127) Belonging and access matter. Confidence is affected by culture, bias, safety, disability, resources, and past

experiences - not only mindset.

- My overall confidence today n] 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10

Not yet Strongly true

- My ability to treat myself with respect today n] 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10

Not yet Strongly true

Tips And Advice

- Ask 'confidence for what, where, and with whom?' A specific answer is more useful than judging yourself globally. Begin with context and behavior, not a personality label.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

_____
_____ A flexible definition of confidence. You are separating worth from performance and recognizing courage, support, access, and practice as parts of growth.

The quality I want to practice - and one way I will practice it

_____
_____

Scope And Safety

This worksheet offers educational reflection and skills practice. It is not psychotherapy, diagnosis, treatment, crisis care, or a substitute for individualized support. Pause or skip prompts that feel overwhelming. If distress is intense, worsening, or affecting safety or daily functioning, consider support from an appropriate licensed professional or crisis resource.

2. My 24-area confidence map

Rate each area from 0 (very unsure) to 10 (strong and flexible). Circle one priority - not every area needs work now.

What This Page Is Calling You To Develop

Honest self-assessment and prioritization. Notice strengths as carefully as growth areas, then choose one area that matters now.

Area What it can look like 0-10 Priority?

_____
_____ Self-talk Speaking to myself with fairness ___ [ ] Separating worth from Self-worth ___ [ ] performance Self-compassion Responding kindly to struggle ___ [ ] Respecting and inhabiting my Body confidence ___ [ ] body Emotional confidence Naming and tolerating feelings ___ [ ] Choosing without endless Decision-making ___ [ ] certainty Boundaries Saying yes, no, or not yet ___ [ ] Assertiveness Expressing needs respectfully ___ [ ] Public speaking Sharing ideas while visible ___ [ ] Starting and sustaining Conversation ___ [ ] connection Relationships Expecting mutual respect ___ [ ] Conflict Staying grounded and direct ___ [ ] Trying, learning,

and asking Work or school ___ [ ] questions Leadership Using influence responsibly ___ [ ] Creativity Making without perfect outcomes ___ [ ] Learning Being a beginner ___ [ ] Asking questions and seeking Health advocacy ___ [ ] care Facing information and making Financial confidence ___ [ ] plans Using technology and protecting Digital confidence ___ [ ] limits Appearance/style Choosing expression for myself ___ [ ] Practicing coordination and Movement/physical skills ___ [ ] strength Handling tasks and asking for Independence ___ [ ] help Values/integrity Acting in line with what matters ___ [ ] Resilience Recovering after setbacks ___ [ ]

3. Choose a confidence target

The area I want to strengthen

_____
_____ Why this matters to me - not just to other people

_____
_____
_____ What 'five percent more confident' would look like in behavior

_____
_____
_____
_____
_____ Barriers, risks, access needs, or past experiences I want to honor

_____
_____
_____ People, tools, accommodations, or environments that could help

_____
_____
_____

Tips And Advice

Make the target small enough to practice and meaningful enough to care about. Replace 'be more confident' with an action: ask, begin, decide, speak, receive, set a limit, or try again.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

_____
_____ Purpose and focused action. You are choosing a goal because it matters to you and defining confidence as observable behavior.

_____
_____

EDUCATIONAL RESOURCE - NOT THERAPY OR INDIVIDUALIZED CARE
Immediate danger or medical emergency: call 911 | U.S. crisis support: call or text 988 | Michelle D. Elder, MSW, LMHC | Page 3

4. Evidence of confidence already present

Confidence often hides inside survival, persistence, care, curiosity, and repair.

A time I did something while nervous

_____
_____ A time I learned from a mistake

_____
_____ A boundary I set or wanted to set

_____
_____ A decision I made with incomplete information

_____
_____ A way I have protected or cared for myself

_____
_____
Feedback or appreciation I tend to dismiss

_____
_____ A strength I use so often that I forget it is a strength

_____
_____

Tips And Advice

- Use concrete examples. Name what you did, what made it hard, and what quality you used. Survival, repair, asking for help, persistence, and changing your mind can all be evidence.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

_____
_____ Evidence recognition and a balanced self-story. You are learning to notice forms of strength that fear or shame may have edited out.

_____
_____
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5. The confidence-building cycle

Notice

Name the situation, prediction, body response, and need. _____

_____

_____

_____

Choose

Pick a small action aligned with your values and current capacity.

Practice

Repeat with enough support; adjust the difficulty instead of judging yourself.

Review

Compare prediction with outcome. Count coping, recovery, and learning as evidence.

Restore

Rest, repair, and reconnect. Growth needs integration, not constant pushing.

A small action I can repeat this week

_____

_____

_____

Tips And Advice

The cycle works through repetition, not intensity. If a step is too hard, reduce its size or add support. If it is too easy, add a little challenge while keeping it repeatable.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

_____

_____ A repeatable growth process. You are replacing all-or-nothing pressure with a cycle of noticing, choosing, practicing, reviewing, and restoring.

_____

_____

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6. Self-talk, self-worth, and self-love

Catch the rule I tell myself I must _____ before I deserve confidence, care, or belonging.

_____

_____

_____

- Check the cost

This rule protects me from _____, but it costs me _____.

_____

_____

_____ Choose a believable alternative

_____

_____ A fairer statement I can practice is...

_____

_____

_____ (cid:127) My worth is not a score I earn through productivity. (cid:127) I can respect myself and still take responsibility. (cid:127) I can want growth without using shame as fuel. (cid:127) I do not need universal approval to make a values-based choice. (cid:127) Needing support does not cancel capability.

Tips And Advice

Notice language built around always, never, must, and should. Ask whether the rule is fair, useful, and humane. Choose a replacement that

_____

_____ _____

_____ **supports responsibility without humiliation.**

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

Self-respect and compassionate accountability. You are learning to encourage change without making care, dignity, or belonging conditional.

_____

_____

7. A 30-day confidence experiment

Week Focus Small practice Support Evidence/learning 1 _____ _____ _____ _____ 2 _____ _____ _____ _____ 3 _____ _____ _____ _____ 4 _____ _____ _____ _____ Weekly review

What did I do - even imperfectly? _____

_____ _____

_____

_____ What became easier, clearer, or more familiar?

_____

_____ What needs to be smaller, safer, more supported, or more meaningful?

_____

_____

Tips And Advice

Track effort and learning, not only outcomes. Plan for imperfect weeks. A successful experiment produces information, including information that the step needs to change.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

Consistency, experimentation, and adjustment. You are treating confidence as a practice you can design instead of a feeling you must wait for.

_____

_____

8. Journal prompts for deeper reflection

Whose definition of confidence have I been trying to meet?

_____

_____ When does confidence feel safe - and when might visibility feel risky?

_____

_____ What would self-respect ask me to stop tolerating?

_____

_____ What parts of myself become quieter when I fear judgment?

_____

_____ How do culture, family, identity, access, or past experiences shape my confidence?

_____

_____ What compliment is hardest to receive? What happens inside when I receive it?

_____

_____ What is one form of confidence that is quiet rather than performative?

_____

_____ If I

trusted myself ten percent more, what decision might become clearer?

_____

_____

Tips And Advice

You do not need to answer every prompt. Pause where emotion, resistance, or relief appears; those responses may point toward an important belief, need, boundary, or value.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

Insight, identity awareness, and self-authorship. You are examining whose standards you carry and choosing a version of confidence that fits your values and context.

_____

_____

9. Podcast learning and reflection plan

- Choose episodes by topic rather than chasing a perfect expert. Look for content that is respectful, evidence-aware, and compatible with your values and context.
- Self-worth without perfectionism

(cid:127) Confidence after rejection, mistakes, or embarrassment

- Assertiveness and boundary-setting (cid:127) Public speaking, storytelling, and social anxiety (cid:127) Body neutrality and self-compassion (cid:127) Leadership, imposter feelings, and being a beginner (cid:127) Healthy relationships and receiving feedback (cid:127) Creativity, courage, and visible learning Episode or topic

_____

_____ What felt validating or useful?

_____

_____

_____ What advice needs context, caution, or adaptation?

_____

_____

_____ What is one small behavior I will test?

_____

_____

_____ How will I know whether it helped?

_____

_____

Tips And Advice

Prefer specific, respectful, evidence-aware content. Watch for advice that ignores safety, culture, disability, resources, trauma, or power. Keep what helps and adapt what does not fit.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

Critical thinking and translation into action. You are learning to evaluate advice instead of automatically accepting or rejecting it.

_____

_____

10. My confidence care plan

When confidence drops, I tend to... _____

_____ _____

_____

_____

Early signs I need support, rest, or a smaller step...

_____

_____ People I can contact...

_____

_____ Places or conditions where I feel more able to be myself...

_____

_____ Words I want to remember...

_____

_____ My next kind, courageous step...

_____

_____

_____

Tips And Advice

Make the plan easy to find and simple to follow. Include people, places, words, body needs, accommodations, and smaller steps. Update it whenever you learn something new about what helps.

WHAT IS THIS PAGE CALLING ON YOU TO DEVELOP?

Sustainable self-support. You are creating a plan for the moments when confidence drops, so you do not have to invent care while overwhelmed.

_____

_____

Scope And Safety

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