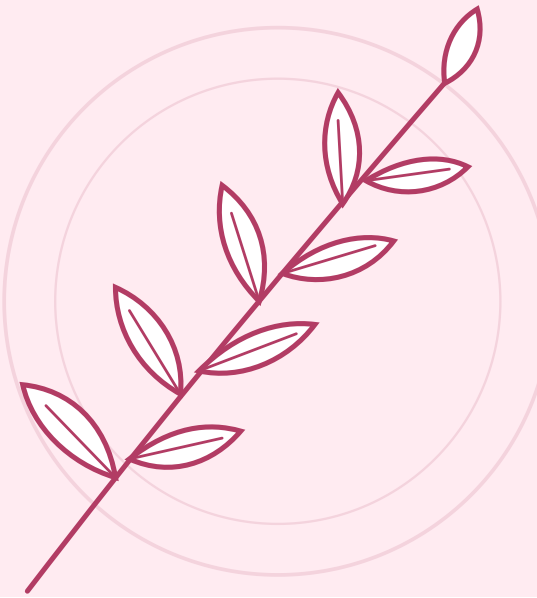
My Confidence Reminders

Practical pages to remember what you're good at, collect proof of your successes, bounce back after a failure and talk to yourself like someone who believes in you.



THIS BELONGS TO

STARTED ON

INSIDE

02	Start here	how to use
03	Things I like about myself	once
04	Strengths and proud moments	once
05	My success list	keep adding
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> Read your reminders out loud whenever your confidence dips, and print fresh pages to fill them again.

START HERE

Welcome to your reminders

A personal collection of proof that you are capable, valuable and growing.

> **Confidence isn't something you either have or don't. It's built from inside, by remembering what's true about you and getting back up, again and again.**

HOW TO USE THIS WORKBOOK

ONCE, TO BEGIN

Write your reminders · p.03

List what you like about yourself, what you do well, your strengths and proud moments.

KEEP ADDING

My success list · p.05

Big and tiny wins. Any success counts, from a finished task to a hard conversation.

AFTER A SETBACK

Find an empowering meaning · p.06

Turn a failure into a lesson and choose your next step.

WHEN DOUBTS GET LOUD

Evidence and self-talk · p.07

Check the facts, let go of other people's opinions, swap critic for coach.

ON HARD DAYS

Be kind to yourself · p.08

Talk to yourself the way you'd talk to a good friend.

FOR YOUR GOALS

Never give up plan · p.10

Your why, your proof that you can, and a plan for getting back up.

WHENEVER YOUR CONFIDENCE DIPS

1 Take these pages out and read your reminders out loud.

2 Add one new success or strength, however small.

3 Print a fresh page and fill it again from scratch.

A gentle note. This workbook is a self-help tool. If low self-worth or low mood is weighing on you for a long time, a therapist can really help. In crisis, call or text 988 (US) or your local emergency number.

ONCE, TO BEGIN

Things I like about myself

Write without modesty. If you get stuck, ask: what would my best friend say?

THINGS I LOVE ABOUT MYSELF

Personality, values, quirks, the way I treat people.

1

2

3

4

5

6

7

THINGS I DO WELL

Skills, talents, everyday things I'm good at.

1

2

3

4

5

6

7

NICE THINGS PEOPLE HAVE SAID ABOUT ME

1

2

3

4

ONCE, TO BEGIN

Strengths and proud moments

STRENGTHS I RECOGNIZE IN MYSELF

Tick every one that's true, even sometimes.

- [ ] Kind
- [ ] Hardworking
- [ ] Creative
- [ ] Funny
- [ ] Reliable
- [ ] Curious
- [ ] Brave
- [ ] Organized
- [ ] Patient
- [ ] Honest
- [ ] Resilient
- [ ] Good listener
- [ ] Calm
- [ ] Generous
- [ ] Determined
- [ ] Thoughtful

MY BIGGEST STRENGTHS

And where they show up in my life.

1 _____

2 _____

3 _____

4 _____

5 _____

THINGS I AM PROUD OF

Choices, efforts, moments, growth.

1 _____

2 _____

3 _____

4 _____

5 _____

HARD THINGS I'VE ALREADY GOTTEN THROUGH

1 _____

2 _____

3 _____

SKILLS I'VE LEARNED FROM SCRATCH

1 _____

2 _____

3 _____

KEEP ADDING

My success list

A running list of past and present wins. Read it whenever you focus too much on your failures.

Any success counts. Graduating, finishing a project, a workout, a hard conversation, asking for help, learning to walk. When you only replay one failure, this list reminds you of the many times you succeeded.

DATE	MY SUCCESS, BIG OR SMALL	WHAT IT SHOWS ABOUT ME

Find an empowering meaning

Nothing has meaning except the meaning you give it. Choose one that helps you move forward.

1 WHAT HAPPENED

Just the facts, as if you were reporting it.

2 THE MEANING I GAVE IT AT FIRST

'It means I'm not good enough...'

3 AN EMPOWERING MEANING I CHOOSE NOW

'It means I'm learning. I'm closer to doing it better.'

4 WHAT I LEARNED

What would I do differently?

5 WHAT I NEED TO LEARN MORE ABOUT

Knowledge builds confidence. Books, courses, people to ask.

6 MY NEXT SMALL STEP

I will do it by _____

Evidence and opinions

Your brain finds proof for whatever you believe. Point it toward the evidence that builds you up.

WHERE I'M DOING WELL RIGHT NOW

Despite the setback: health, relationships, work, home, my willingness to keep trying.

WHAT I'M WORRIED PEOPLE THINK

WHAT I ACTUALLY KNOW

Facts, not guesses about other people's minds.

WHAT I CAN CONTROL

My effort, my words, my next step.

WHAT I'M LETTING GO OF

Other people's opinions are about them.

THE OPINION THAT MATTERS MOST IS MINE. I THINK I'M

ON HARD DAYS

Be kind to yourself

Date _____

WHAT I'M GOING THROUGH

HOW I'VE BEEN TALKING TO MYSELF

Write the harsh words down so you can see them.

WHAT I'D SAY TO A FRIEND IN MY PLACE

Loving, kind, encouraging.

PEOPLE I ADMIRE WHO FAILED AND KEPT GOING

A KIND THING I'LL DO FOR MYSELF TODAY

Dear me,

> Failing at something doesn't make you a failure. A child learning to walk falls a hundred times, and we cheer every try.

PRACTICE

Confident self-talk

SWAP CRITIC FOR COACH

Catch the harsh thought, then rewrite it the way a supportive coach would say it.

MY INNER CRITIC SAYS		MY INNER COACH SAYS
"I always mess things up."	→	**"I made a mistake, and I can fix it or learn from it."**
"Everyone is better than me."	→	**"I'm on my own path, and I'm improving."**
"I'll never be able to do this."	→	**"I can't do this yet. What's my first step?"**
"They'll think I'm stupid."	→	**"I can't control what they think. I can do my best."**
	→	
	→	
	→	
	→	
	→	
	→	

MY CONFIDENT SELF-TALK

Short statements to say out loud: 'I am capable.' 'I've done hard things before.' 'I'm allowed to try.'

1 _____

2 _____

3 _____

4 _____

5 _____

FOR YOUR GOALS

Never give up plan

Date _____

MY GOAL

Something I really want, and I'm committed to.

WHY IT MATTERS SO MUCH TO ME

My burning desire. How will life be different?

PROOF THAT I CAN DO IT

Similar things I've done, strengths I'll use.

SETBACKS I MIGHT FACE

WHEN I GET KNOCKED DOWN, I WILL

My plan to get back up quickly.

PEOPLE AND RESOURCES THAT CAN HELP ME

I will keep going because _____

CUT OUT AND KEEP

Pocket reminders

I am good at

I am proud of

I got through

a hard thing that proves I'm strong

People love me for

My next small win

Remember

a confident thought to carry with you

Fill in the cards, cut along the dashed lines and keep them in your wallet, planner or on your mirror. Read one out loud whenever you need it.