

Becoming YOU

BECOMING CONFIDENT

"You've changed."

"Or perhaps I'm discovering who I AM and just hadn't had the opportunity or confidence to show it until now."

Unknown~

 **TIFFANY
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THERE SHE GROWS

Getting Started

What's Inside...

1. **Confidence Assessment**
2. **What is confidence?**
3. **Roadblocks to self-confidence**
4. **Tips and ideas for being more confident**
5. **Journaling questions to feel confident now**

"Confidence isn't walking into a room thinking you're better than everyone, it's walking in not having to compare yourself to anyone at all."

Confidence Assessment

This self-esteem quiz is a gauge for how someone feels about themselves. If you score on the low end, that might mean you need to practice more self-love or self-compassion.

Answer the following questions with

Most of the time (1), some of the time (2), or almost never(3)...

1. My feelings get easily hurt. ___
2. I get upset if someone criticizes me, even if they mean well and offer constructive criticism. ___
3. I get angry at myself if I make a small mistake, even if it is an honest one. ___
4. I typically ask other people what they think I should do, instead of making my own decisions. ___
5. I typically go along with the group, even if I don't necessarily agree. ___
6. I am uncomfortable when accepting compliments. ___
7. I don't feel like I measure up or feel good enough. ___
8. It's common for me to self-criticize or say negative things about myself, like telling myself I am stupid or fat or just no good. ___
9. When I look in the mirror, I don't like what I see, and I don't feel attractive. ___
10. I find myself apologizing for things all of the time, even for things that aren't my fault. ___

My total:_____

Confidence Results

Scored 21-30 If you answered "**almost never**" for most of the questions, you have a healthy self-esteem. Everyone has times when they feel down, but as long as you don't feel like that every day you will be fine.

Scored 11-20 If you answered "**most of the time**" to many of the questions, you may need to take some additional steps to boost your self-esteem. This doesn't necessarily mean you are always down; it just means you may be a little too hard on yourself.

Scored 1-10 If you answered "**some of the time**" to many of the questions, you could still benefit from practicing a little self-compassion and a little self-love.

"Believe you are powerful. Believe you are strong. Believe you can achieve your goals. Believe in the promise of tomorrow. Believe you can fulfill your dreams. Believe in YOURSELF."

Defining Confidence

What is "confidence"?

Confidence is a belief in oneself, the conviction that one has the ability to meet life's challenges and to succeed—and the willingness to act accordingly. Being confident requires a realistic sense of one's capabilities and feeling secure in that knowledge.

Projecting confidence helps people gain credibility, make a strong first impression, deal with pressure, and tackle personal and professional challenges. It's also an attractive trait, as confidence helps put others at ease.

“The word confidence comes from a latin word ‘fidere’ which means “to trust”; therefore, having self confidence is having trust in oneself.”

Adapted From:

<https://www.psychologytoday.com/us/basics/confidence>

<https://blog.hubspot.com/sales/psychology-backed-exercises-more-confident>

Roadblocks to Self-Confidence

Common Examples of Low-Self Esteem:

- Hating yourself or feeling angry or frustrated about who you are
- Being obsessed with being perfect
- Hating your body
- Feeling worthless
- Being overly sensitive
- Feeling anxious and fearful
- Constantly feeling angry
- Trying to be a people pleaser

Steps to Build Self Esteem...

- Practice mindfulness
- Change your story
- Don't compare yourself to others
- Channel that inner rock star
- Move your body more
- Volunteer
- Practice forgiveness
- Realize that you are not your circumstances

Adapted From:

<https://positivepsychology.com/self-esteem-tools-activities/>

Building Confidence

Tips to Improve Self-Esteem...

- Say “stop” to your inner critic, that voice in your head creating self-doubt and uncertainty
- Use healthier motivation habits
- Take a two-minute self-appreciation break
- Each evening, write down three things that you can appreciate about yourself
- Do the right thing by BEING YOU
- Fight against perfectionism
- Handle mistakes and failures in a more positive way
- Be kinder toward other people
- Try something new
- Stop falling into the comparison trap
- Spend more time with supportive people (and less time with destructive people)

According to Webber (2019), low self-esteem can affect everything in your life from your relationships to your career.

Adapted From:

<https://positivepsychology.com/self-esteem-worksheets/>


Journal Prompts

According to Emily Roberts, MA LPC, there are some questions you can ask yourself to help boost your self-esteem and help you feel confident now. These questions can be answered quickly, or something you take more time to ponder on. The more time you spend thinking about yourself in this manner, the better you will feel. Sometimes we don't stop to think about those things we already have that define us.

What are some things you can do to strengthen or balance your emotions? What can you stop doing?

How would you feel 3 months from now if you stuck to your goal? How would your life be different?

What is one small thing you can do this week that will help you feel more in control of your life?




What are some things you are passionate about? What kinds of things excite you, motivate you or interest you? What can you do to feed these passions daily or weekly?

Think of times when you felt motivated and confident? What were you doing; who were you with; where were you?

What things can you do to start developing a stronger relationship with yourself? What kinds of things do you feel you need to overcome so that you can get closer to self-acceptance and confidence?

Do you have relationship problems with your family, friends, or coworkers? What are your options to overcome them?




What kinds of activities excite you? Which ones make you feel happy? How can you integrate more joyful and exciting activities into the next couple of days?

What habits, if any, do you need to change in order to improve your happiness and confidence this year? What is one habit that you can start to work on in the next couple of days? What would it feel like to do this every day?

What can you start doing, or stop doing, to deepen your relationships with friends and loved ones?

Who are the people in your life that are supportive and will help you nurture your dreams and goals? How can you spend more time with them?



What stands between you and feeling happy? What steps can you take to bridge the gap?

In terms of money and finances, what kinds of changes could you make to feel more confident financially?

How can you reduce your expenses this month? How would this make you feel about yourself?

What would it feel like if you stuck to one healthy habit for the next few months? How could that improve your life?

Note

May you learn something new about yourself and others as you explore. May you find inspiration to take action in the direction of your dreams. May you always know, you are worthy of every next step. **BE YOU!**

TKM~

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More Resources

Confidence Building Exercises

<https://zenhabits.net/25-killer-actions-to-boost-your-self-confidence/>

Get Sarah' Krisher's book [The Confidence to Speak](#)

References

<https://www.psychologytoday.com/us/basics/confidence>

<https://blog.hubspot.com/sales/psychology-backed-exercises-more-confident>

<https://positivepsychology.com/self-esteem-worksheets/>

<https://positivepsychology.com/self-esteem-tools-activities/>

“If you can dance and be free and not be embarrassed, you can rule the world.”

Amy Poehler~