



Success Confidence-Building Worksheet

1. Self-Assessment

A. Identify Your Strengths

- List 5 personal strengths or skills that you believe contribute to your success.

1. _____

2. _____

3. _____

4. _____

5. _____

B. Reflect on Past Successes

- Write about a past achievement that you are proud of. Include details about the challenge you faced, the actions you took, and the outcome.

- Challenge: _____

- Actions Taken: _____

- Outcome: _____

C. Overcome Self-Doubt

- Write down any negative thoughts or self-doubts you have about your abilities. Next to each, counter it with a positive affirmation or fact about yourself.

- Self-Doubt: _____

Positive Affirmation: _____

- Self-Doubt: _____

Positive Affirmation: _____

2. Goal Setting

A. Define Your Goals

- List 3 specific goals you want to achieve in the near future. Make sure they are SMART (Specific, Measurable, Achievable,

Relevant, Time-bound).

1. Goal: _____

Deadline: _____

Steps to Achieve: _____

2. Goal: _____

Deadline: _____

Steps to Achieve: _____

3. Goal: _____

Deadline: _____

Steps to Achieve: _____

B. Identify Potential Obstacles

- For each goal, list potential obstacles you might encounter and brainstorm solutions or strategies to overcome them.

- Goal: _____

Obstacle: _____

Solution/Strategy: _____

- Goal: _____

Obstacle: _____

Solution/Strategy: _____

3. Visualization

A. Visualize Success

- Choose one of your goals and spend 5-10 minutes visualizing yourself achieving it. Write down a detailed description of what this success looks like, including how you feel, what you see, and any reactions from others.

Goal: _____

Visualization:

B. Positive Affirmations

- Write 5 positive affirmations that reinforce your belief in your ability to succeed. Repeat these affirmations daily to build confidence.

1. _____

2. _____

3. _____

4. _____

5. _____

4. Action Plan

A. Create an Action Plan

- Outline a step-by-step plan to start working towards one of your goals. Include deadlines for each step.

- Goal: _____

- Action Steps:

1. _____

2. _____

3. _____

4. _____

- Deadlines:

1. _____

2. _____

3. _____

4. _____

B. Accountability Check

- Set up a system for tracking your progress and holding yourself accountable. Decide how often you will review your progress and what methods you will use.

- Review Frequency: _____

- Tracking Method: _____

Instructions for Use:

- 1. Complete this worksheet thoughtfully, taking time to reflect on each section.**
- 2. Review and update your responses regularly to track your progress and adjust as needed.**
- 3. Use the positive affirmations and visualization exercises daily to build and maintain your confidence.**
- 4. Follow your action plan and hold yourself accountable to stay on track with your goals.**