

CONFIDENCE BUILDING TRACKER

NAME: _____ START DATE: _____

Initiated a conversation with a stranger

Shared an original idea in a group setting

Maintained eye contact during a difficult talk

Tried a new skill despite fear of failure

Spoke up against something I disagreed with

Accepted a compliment without self-deprecation

Set a firm boundary and stuck to it

Public speaking or presentation completed

"Confidence is a muscle that grows with every small act of courage."