

CONFIDENCE BUILDING EXERCISE

Name:

Week Of:

DONE

DAILY CHALLENGE & FOCUS

**PERSONAL
REFLECTION**

Positive Affirmation Speak one strength aloud three times.

Small Win Complete one task you've been avoiding.

Body Language Practice power posing for 2 minutes.

Social Stretch Initiate a brief conversation or compliment.

Skill Building Spend 15 minutes learning something new.

Weekly Summary & Growth Observations:

Self-Confidence Inventory Template | For Personal Development Use Only