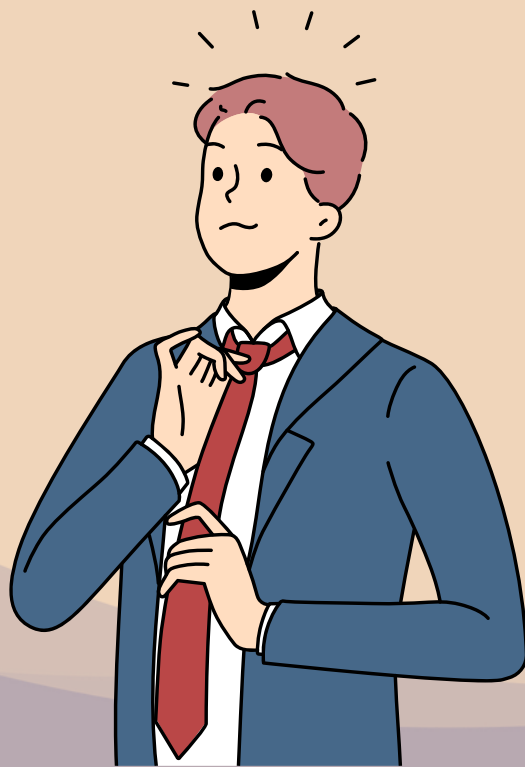


BUILDING SELF-CONFIDENCE

A SELF-HELP GUIDE



Self reflecting questions on self-confidence

- What situations make me feel confident, and why?
 - When was the last time I felt truly proud of myself? What was I doing?
 - What negative beliefs do I hold about myself, and where did they come from?
 - How do I react to failure or criticism? What does that say about my self-confidence?
 - Do I compare myself to others often? How does it affect how I see myself?
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THIS WORKBOOK AIMS TO HELP YOU TO:

- Recognise whether you may be experiencing problems of low self confidence.
- Understand what self confidence is, what causes lower self confidence and what keeps it going.
- Find ways to understand, manage or overcome your issues with low self confidence.

2. Do I have low self-confidence?

Here's a breakdown of the feelings, physical symptoms, thought patterns, and behavior patterns commonly associated with low self-confidence:

Please tick the boxes which regularly apply to you.



Feelings

- Constant self-doubt ☐
- Fear of failure or rejection ☐
- Feeling unworthy or not good enough ☐
- Shame or embarrassment ☐
- Helplessness or powerlessness ☐



Physical symptoms

- Nervous body language (e.g., fidgeting, avoiding eye contact) ☐
- Tense muscles or stiffness ☐
- Sweating, dry mouth ☐
- Rapid heartbeat or shallow breathing ☐
- Low energy or fatigue ☐



Thinking patterns

- "I'm not good enough." ☐
- "Others are better than me." ☐
- "I'll fail, so why try?" ☐
- "What if they judge me?" ☐
- "I always mess things up." ☐



Behavioural patterns

- Avoiding challenges or new experiences ☐
 - Seeking constant reassurance from others ☐
 - People-pleasing or over-apologizing ☐
 - Procrastination or fear of taking initiative ☐
 - Difficulty accepting compliments ☐
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If you have ticked a number of these boxes you may be experiencing symptoms lower self confidence.

However don't be alarmed, this is very common and there are things you can do to improve your situation. You will find some useful strategies in this workbook.

3. What is Self-confidence?

Self-confidence is the belief in your own abilities, qualities, and judgment. It means trusting yourself to handle challenges, make decisions, and take action, even when outcomes are uncertain.

Key aspects of self-confidence include:

- **Self-belief:** Feeling capable and competent in your skills or actions.
- **Self-worth:** Valuing yourself regardless of success or failure.
- **Resilience:** Being able to bounce back from mistakes or criticism without feeling defeated.
- **Assertiveness:** Expressing your thoughts, needs, and opinions clearly and respectfully.

Self-confidence isn't about being perfect or always right—it's about knowing that you can learn, grow, and handle what comes your way.

3. Effects of Higher self-confidence?

1. Improved Mental Health

- Reduced anxiety, stress, and self-doubt
- Better emotional resilience
- Higher self-esteem and self-worth

2. Better Decision-Making

- More trust in your judgment
- Willingness to take calculated risks
- Less fear of making mistakes

3. Stronger Relationships

- Better communication and assertiveness
- Healthier boundaries
- Less need for external validation

4. Increased Motivation and Productivity

- Greater willingness to set and pursue goals
- More persistence in the face of challenges
- Higher personal and professional achievement

5. Positive Body Language and Presence

- Confident posture, eye contact, and tone
- Improved social and professional impression
- Greater influence and leadership potential

4. Effects of low self-confidence?

1. Mental and Emotional Impact

- Increased anxiety, stress, and self-doubt
- Low self-esteem and feelings of worthlessness
- Higher risk of depression and negative self-talk

2. Poor Decision-Making

- Indecisiveness and overthinking
- Fear of failure leads to missed opportunities
- Reliance on others' opinions instead of trusting oneself

3. Unhealthy Relationships

- Difficulty setting boundaries
- People-pleasing behavior
- Tolerating disrespect or neglect

4. Reduced Motivation and Achievement

- Avoiding challenges or new experiences
- Procrastination and fear of taking initiative
- Underperformance despite capability

5. Negative Social and Professional Impact

- Avoidance of social situations
- Hesitation in expressing opinions or ideas
- Missed chances for growth, leadership, or recognition

5. Causes of low self-confidence

1. Mental and Emotional Impact

- Increased anxiety, stress, and self-doubt
- Low self-esteem and feelings of worthlessness
- Higher risk of depression and negative self-talk

2. Poor Decision-Making

- Indecisiveness and overthinking
- Fear of failure leads to missed opportunities
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14-day activity plan to help overcome low self-confidence.

Day 1 Identify the Roots of Low Confidence

Objective: Self-awareness

Activity: Sit down with a journal and write about moments when you feel least confident. Ask yourself: What am I afraid of in these moments? Try to trace the origin—did someone's words or an experience plant these doubts? Identifying your inner critic helps in silencing it.

Day 2 Discover Your Strengths

Objective: Shift focus to positives

Activity: List at least 10 strengths, skills, or accomplishments (even small ones). Include things others have praised you for. Read them aloud. This helps rewire your brain to focus on what you can do, not what you lack.

Day 3 Build Confidence Physically & Verbally

Objective: Activate confidence through body and words

Activity: Practice the “power pose” (hands on hips, chest open, head high) for 2–3 minutes. Then stand in front of a mirror and say 3 positive affirmations: “I am learning and growing every day.”

“I deserve success and happiness.”

“I trust myself.”

Repeat daily.

14-day activity plan to help overcome low self-confidence.

Day 4 Break the Negative Thought Loop

Objective: Reframe inner dialogue

Activity: Each time a negative thought arises (e.g., “I can’t do this”), write it down. Then ask: Is this 100% true? Replace it with a helpful belief (e.g., “I’m still learning, and that’s okay”). Practice this throughout the day.

Day 5 Face a Small Fear

Objective: Take action despite doubt

Activity: Do something small but out of your comfort zone—start a conversation, speak up in class, or try a new skill. Confidence builds through doing, not waiting. Reflect on how it felt afterward and what you learned.

Day 6 Reflect on Past Successes

Objective: Remind yourself of what you’ve overcome

Activity: Write about 3 times you succeeded despite being unsure or scared. What strengths helped you? How did you feel afterward? Keep this list to revisit whenever you feel low.

14-day activity plan to help overcome low self-confidence.

Day 7 Give & Receive Positivity

Objective: Build social confidence

Activity: Compliment 3 people genuinely today. Also, accept any compliments you receive without brushing them off. Look in the mirror and give yourself a compliment. This trains your brain to accept and give value.

Day 8 Prioritize Self-Care

Objective: Send a message to yourself: "I matter."

Activity: Spend at least 30 minutes doing something that nurtures you—exercise, journaling, skincare, meditation, or hobbies. Self-care reinforces self-worth and recharges your mental energy.

Day 9 Learn Something New

Objective: Grow your confidence through knowledge

Activity: Watch a tutorial, listen to a podcast, or read about a topic you're curious about. When you learn something new, your belief in your ability to improve strengthens.

14-day activity plan to help overcome low self-confidence.

Day 10 Practice Assertiveness

Objective: Strengthen your voice

Activity: Set a healthy boundary today or express your needs honestly, even if it feels uncomfortable. Use “I” statements like “I feel...” or “I need...”. Being assertive builds respect—for yourself and from others.

Day 11 Visualize Your Confident Self

Objective: Train your brain for success

Activity: Close your eyes and imagine a version of you that’s confident and calm—handling a challenge with ease. Visualize the setting, how you stand, what you say, and how you feel. Repeat this every morning.

Day 12 Reflect & Measure Growth

Objective: Acknowledge change

Activity: Revisit Day 1. Write 5 ways your thinking, emotions, or actions have shifted. Even small changes matter. Self-reflection shows progress and keeps you motivated.

14-day activity plan to help overcome low self-confidence.

Day 13 Do an Act of Kindness

Objective: Build value through contribution

Activity: Help someone without expecting anything in return—give advice, offer help, check in on a friend. Doing good for others lifts your self-worth and shifts focus from self-doubt to self-impact.

Day 14 Celebrate Yourself

Objective: Reinforce confidence

Activity: Celebrate your 14-day journey! Write a heartfelt letter to yourself appreciating your effort and progress. Treat yourself—whether it's food, music, or a walk. Confidence grows with consistent self-recognition.

Conclusion

Over the past 14 days, you've taken small but powerful steps toward building a more confident, empowered version of yourself. Self-confidence isn't about being fearless or perfect—it's about learning to trust yourself, even when things are uncertain. With each reflection, action, and moment of courage, you've planted seeds of self-belief that will continue to grow. Keep nurturing them. Your journey doesn't end here—it only begins.

"Confidence doesn't come from always being right, but from not fearing to be wrong." — Peter T. McIntyre