

Self Confidence Worksheet

"THE MOST BEAUTIFUL THING YOU CAN WEAR IS CONFIDENCE"
-BLAKE LIVELY

5 PHYSICAL THINGS I LIKE ABOUT ME

1. _____

2. _____

3. _____

4. _____

5. _____

5 NON-PHYSICAL THINGS I LIKE ABOUT ME

1. _____

2. _____

3. _____

4. _____

5. _____

WHAT I LOVE ABOUT ME

What is my favorite thing about me? Why?
