

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 DON'T LIKE ABOUT ME...

What is my favorite thing about me? Why?

What is my biggest insecurity? Why?

3 WAYS I CAN REMIND MYSELF OF
THINGS I LIKE ABOUT ME

1. _____

2. _____

3. _____

CHALLENGE MYSELF!

What is one way I can challenge myself
to let my insecurity shine this week?
(ex. If I am insecure about my arms, I
will wear a tank top.)

"YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE, DESERVE
YOUR LOVE AND AFFECTION"

-BUDDHA

Self Identity Worksheet

"Knowing yourself is the beginning of all wisdom." - Aristotle

What is my biggest strength?

What is my biggest achievement?

What is my biggest goal currently?

What is my biggest weakness?
How am I trying to grow in this area?

What am I interested in trying?

Who/what most inspires me? Why?

What makes me the happiest? Why?

What hurts me the most? Why?

What do I believe in?

What is my favorite relationship? Why?

I Belong

"THOSE WHO HAVE A STRONG SENSE OF BELONGING HAVE THE COURAGE TO BE IMPERFECT"

- BRENÉ BROWN

Who are the closest people to me?

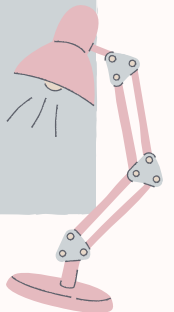
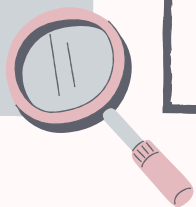
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HOW CAN I SURROUND MYSELF WITH PEOPLE WHO ENCOURAGE ME

WHERE DO I NOT FEEL LIKE I BELONG?
WHY?

HOW CAN I IMPROVE THIS?

What makes me feel like I belong?



Uniqueness Worksheet

YOUR MOST UNIQUE
QUALITY

YOUR MOST UNIQUE
SKILL/TALENT

WHAT OTHERS
NOTICE IS UNIQUE
ABOUT YOU

"STOP COMPARING YOURSELF TO OTHER
PEOPLE. YOU'RE SUPPOSED TO BE UNIQUE"

- SONYA PARKER

Self Power Worksheet

GROW YOUR POWER

WHERE DO I FEEL I HAVE THE MOST POWER IN MY LIFE? WHY?

WHERE DO I FEEL I HAVE THE LEAST POWER IN MY LIFE? WHAT IS KEEPING ME FROM HAVING POWER?

HOW CAN I GROW MY POWER IN THIS AREA?

ACTION STEPS TO GROW MY POWER

- 1.
- 2.
- 3.

Self Appreciation

AND MOST OF ALL, I THANK ME!

BEAUTY IS WHEN YOU
APPRECIATE
YOURSELF. WHEN YOU
LOVE YOURSELF, YOU
ARE MOST BEAUTIFUL

ZOE KRAVITZ

WHAT IS SOMETHING I AM GOOD AT?

WHAT IS A UNIQUE QUALITY ABOUT ME?

**WHAT IS A RECENT GOAL I HAVE MET OR CHALLENGE I
HAVE OVERCOME?**

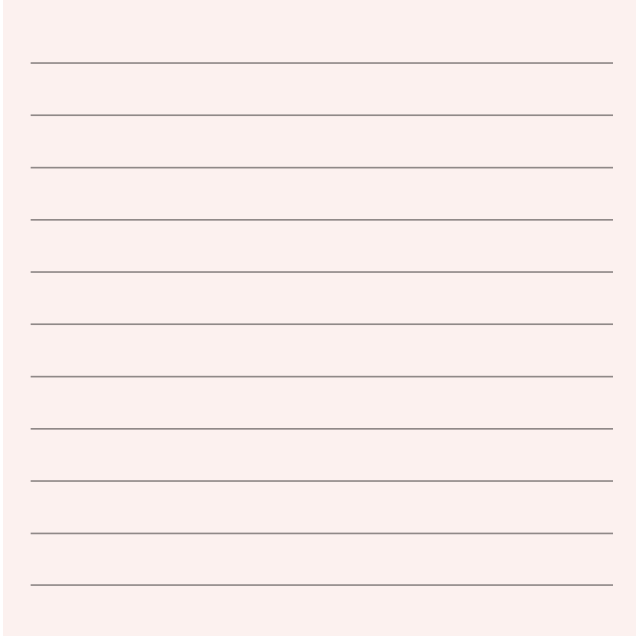
WHAT IS SOMETHING GOOD I DID TODAY?

**WHAT IS ONE WAY I CAN SHOW MYSELF THAT I
APPRECIATE ME TODAY?**

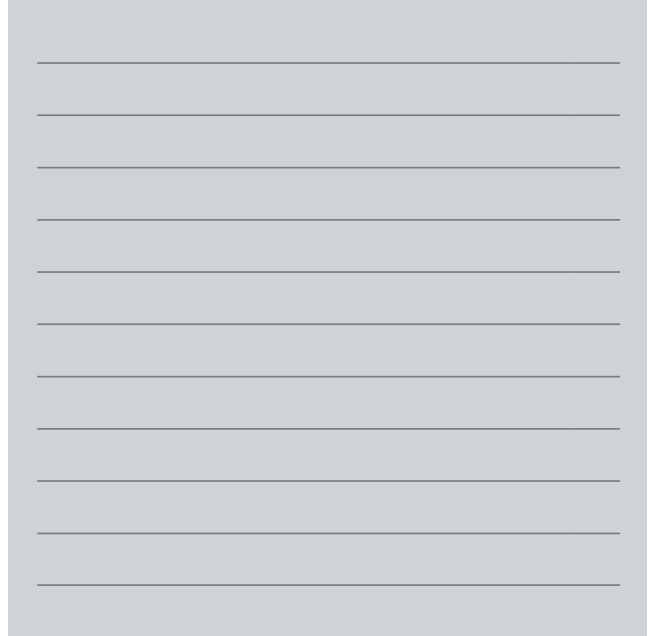
Jealousy Worksheet

When we are jealous of someone else, it is usually because they have something that we want but, for some reason, have convinced ourselves that we can't have. We are inspired by them, but at the same time, we feel threatened by them.

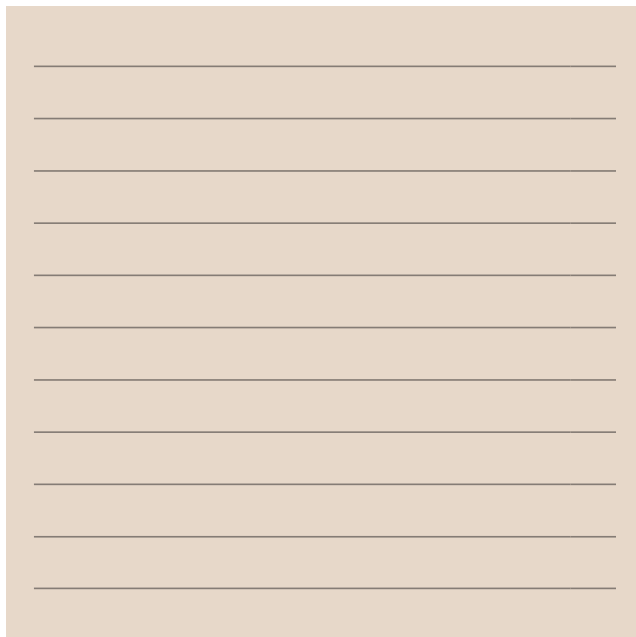
Who am I jealous of?



Why am I jealous of them? What do they have that I am jealous of?



Why can't I have the thing that I am jealous of?



Do I really want to the thing I am jealous of? If so, How can I get it?

