



Self-confidence worksheet for adults

I am great at

I love myself:

Things I enjoy doing the most: try to do them after creating a list.

Spend quality time with people who admire you:

Engage in self-care:

Challenges that I have overcome:

Give yourself Positive messages:

Try to develop positive self-talk and encourage positive motivational messages.

References

[Tracy, B. \(2012\). *The Power of Self-Confidence: Become Unstoppable, Irresistible, and Unafraid in Every Area of Your Life.* Wiley.](#)

[Branden, N. \(2001\). *The Psychology of Self-Esteem: A Revolutionary Approach to Self-Understanding that Launched a New Era in Modern Psychology.* Los Angeles, CA: Nash Publishing.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.