



WORKBOOK

NAME

DATE

Build your
confidence
- Fulfill
your
potential



Step 1

Identifying the problem

Write down an area of your life where you would like to be more confident. It needs to be an area that, once you have the confidence, it will make the biggest difference to your life

1)



Step 2

Think about two times in your life when you have succeeded at something that stretched you. For example, did you overcome a fear and succeed? Did you achieve something by yourself? Did you stand up for what you believe in?

1)

2)

Describe what personal qualities you have that helped you to succeed. For example, pride, courage, determination, strong work ethic, a sense of responsibility, resilience

Write your answers here:

Step 3

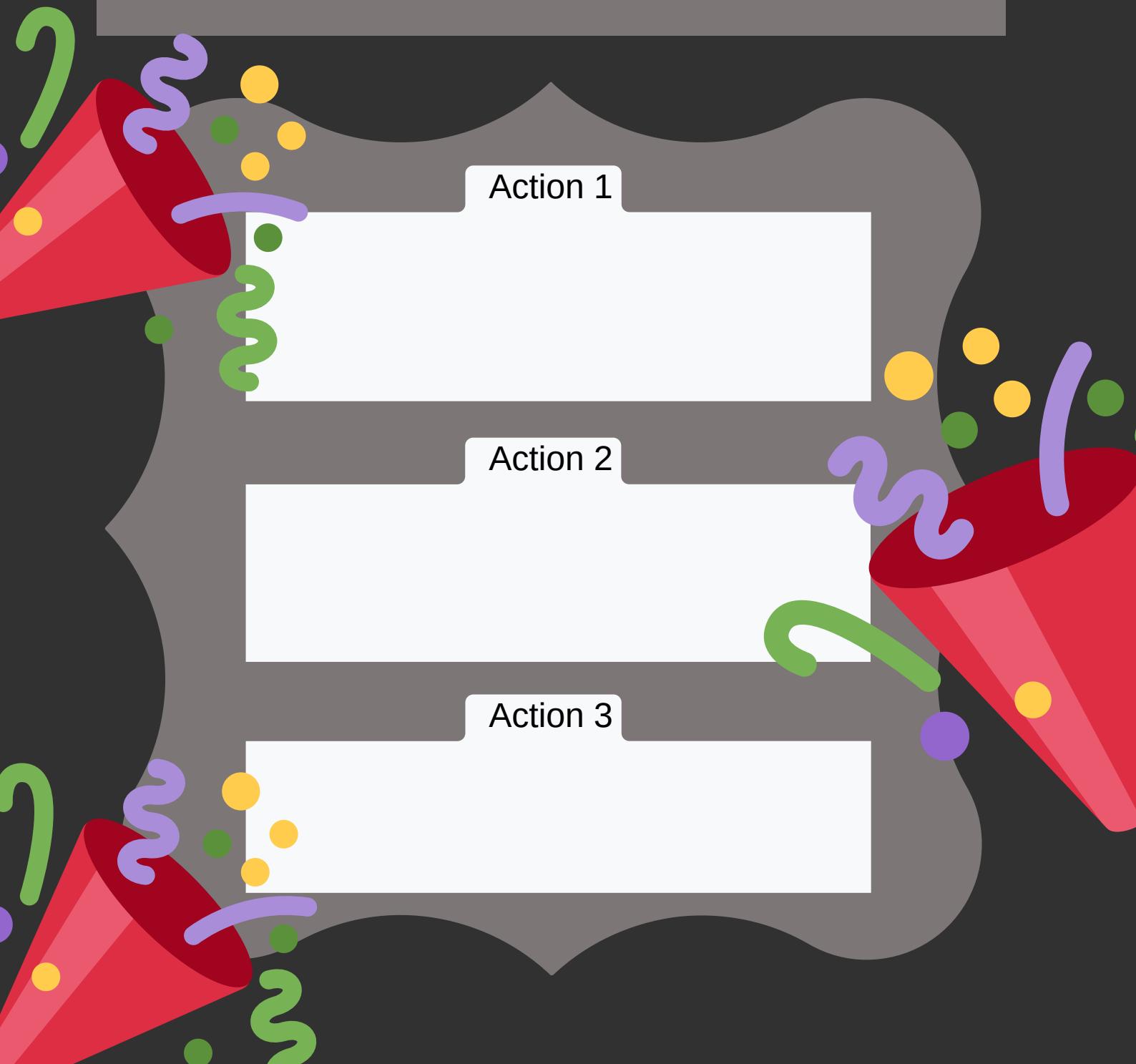
Thinking about your answer to step 1 -
If you could wave a magic wand, what would this allow
you to do? This will be your goal.



Picture yourself succeeding in achieving your goal.
Describe your surroundings. What can you see, hear?
What are you saying to yourself? How are you feeling?

Step 4

Thinking about the qualities you have written down in step 2 and the answer you wrote down in step 3 (your goal), what 3 actions could you take to move you 1 step closer to reaching your goal?



Action 1

Action 2

Action 3