

BUILDING MY SELF-CONFIDENCE (page 1)

Use this worksheet to learn about and grow your self-confidence, which means believing in yourself and knowing your value. You will think about how you feel, set goals to feel more confident, try positive habits, and see how you are doing after three months.

Step 1: How Do I Feel About Myself?

Check yes or no:

- | | | |
|---|------------------------------|-----------------------------|
| 1. I believe I can learn new things. | ☐ Yes | ☐ No |
| 2. I feel proud of at least one thing about myself. | ☐ Yes | ☐ No |
| 3. I believe I deserve respect. | ☐ Yes | ☐ No |
| 4. I believe I deserve love and friendship. | ☐ Yes | ☐ No |
| 5. I feel comfortable being myself. | ☐ Yes | ☐ No |
| 6. I believe my body and health are important. | ☐ Yes | ☐ No |
| 7. I believe I can reach some of my goals. | ☐ Yes | ☐ No |
| 8. I believe I would make a good friend. | ☐ Yes | ☐ No |
| 9. I believe I would make a good partner
(now or in the future). | ☐ Yes | ☐ No |
| 10. I believe I deserve healthy relationships. | ☐ Yes | ☐ No |

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Friendship and Relationship Beliefs:

Check the ones that feel true for you:

- ☐ I deserve healthy relationships.
- ☐ I deserve respect in relationships.
- ☐ I would make a great friend or partner.

How would I describe my confidence right now?

☐ **High confidence**

You feel sure of yourself, your abilities, and your value.

☐ **Medium confidence**

You feel okay about yourself sometimes, but unsure at other times.

☐ **Low confidence**

You often doubt yourself and your abilities, and feel unsure of your value.

Why do I think that?

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How does my disability affect my confidence?

Step 2: Ways to Build My Confidence:

Pick three actions from the list below to try:

- ☐ Tell the mean voice in my head to stop.
- ☐ Think about what I like about myself.
- ☐ Write three good things about myself each night.
- ☐ Say to myself, I do not have to be perfect.
- ☐ Learn from your mistakes.
- ☐ Try something new.
- ☐ Spend time with supportive people.
- ☐ Stop comparing myself to others.

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My Three Confidence Goals (for the Next 3 Months):

Write three things you want to do or try to feel more confident:

1. _____
2. _____
3. _____

Step 3: Support from Others

Getting support from those who help you feel confident about who you are is another way to increase one's self-confidence.

Positive Role Models:

Who makes me feel confident or inspired?

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Respectful and Safe Places:

Where do I feel included and respected?

4. Check Back in Three Months

My confidence feels (check one of the boxes):

- ☐ High confidence
- ☐ Medium confidence
- ☐ Low confidence

Why?

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Did I try my three goals?

☐ Yes ☐ No

What worked?

What new goal will I add?

Remember:

I deserve healthy relationships. I would make a great friend or partner.