Self Confidence PLANNER



By: Priscilla Rodriguez

SELF-CONFIDENCE CHALLENGE

1	Smile at a stranger	
2	Do a workout you enjoy.	
3	List five things you love about yourself.	
4	Dance to tour favourite song.	
5	Give someone a complitment.	
6	Put on your favourite outfit.	
7	Declutter five items.	
8	Try something new with your hair.	
9	Say this affirmation three times "I am powerful and confident!"	
10	Don't talk negatively about other people foe the entire day.	
11	Get at list eight hours of sleep.	
12	Learn something new.	
13	Do a little self-care.	
14	Do a social media detox.	
15	List three things you've accomplished.	
16	Reach out to an old friend.	
17	Practice a power pose.	
18	Buy yourself a gift.	
19	Do something you've never done before.	
20	Set a goal, create an action plan, and accomplish one task today.	
21	Prepare your favourite meal.	
22	Stretch	
23	Write down five things that you're grateful for.	
24	Do asomething you loved to do as a child	
25	Go to the movies or a restaurant by yourself.	
26	Create a visison board.	
27	Unfollow all social media accounts that make you feel less than amazing about yourself.	
28	Implement a new healthy habit.	
29	Say no to something.	
30	Talk to stranger.	

SELF-CONFIDENCE BUILDER

I like myself because	
I am loved by	
Why he/she loves me?	

SELF-CONFIDENCE BUILDER

I'M AN EXPERT AT
I CONSIDER MYSELF PRETTY GOOD AT
MY BEST CHARACTER TRAIT IS
I HAVE A NATURAL TALENT FOR
I HAVE A NATURAL TALENT FOR
1 FFF1 COOR WILEN I
I FEEL GOOD WHEN I
I'VE BEEN SUCCESSFUL AT
I AM CONFIDENT IN REACHING MY GOALS BECAUSE I AM

SELF-CONFIDENCE BUILDER

PEOPLE COMPLIMENT ME ABOUT
MY FRIENDS WOULD SAY I HAVE A GREAT
INC. DEEN TOLD LILLANCE DEETTY
I'VE BEEN TOLD I HAVE PRETTY

SELF-ESTEEM JOURNAL

TODAY, I ACCOMPLISHED
TODAY, I HAD FUN WHEN
SOMETHING I DID WELL TODAY
I FELT PROUD WHEN
TODAY WAS INTERESTING BECAUSE
I FELT GOOD ABOUT MYSELF WHEN
I AM CONFIDENT IN REACHING MY GOALS BECAUSE I AM
SOMETHING I DID FOR SOMEONE
I HAVE A POSITIVE EXPERIENCE WITH (PERSON)

COMPLIMENT JAR

COMPLIMENTS TO MYSELF TO GET ME IN THE HABIT OF BEING KIND TO MYSELF

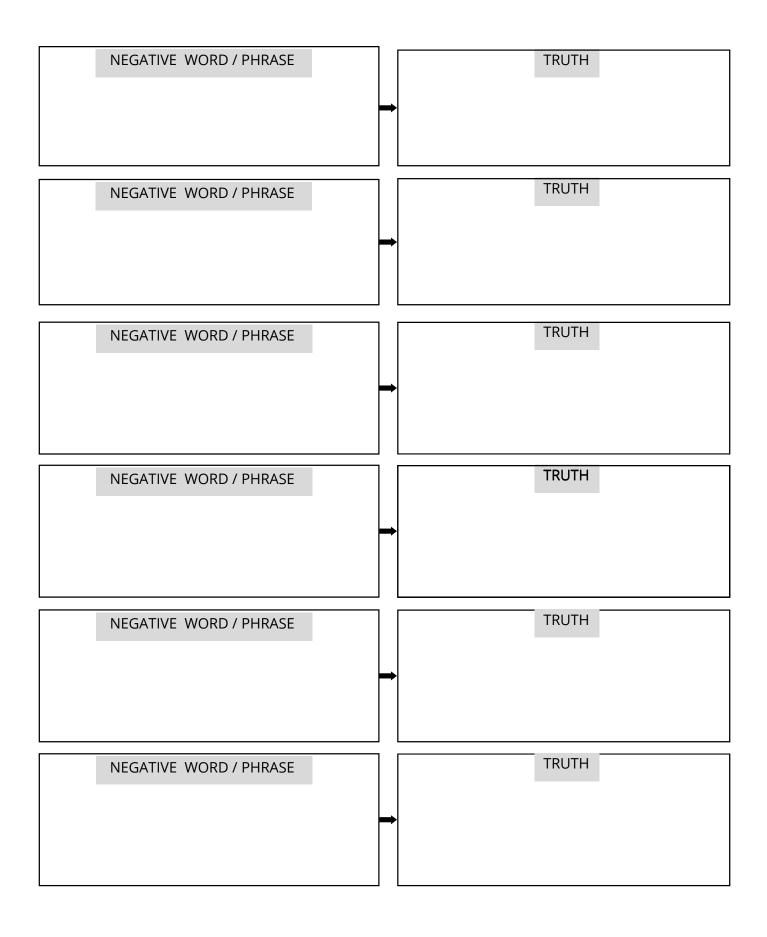


POSITIVE REINFORCEMENTS

POSITIVE PHRASE / WORDS SPOKEN TO ME FROM SOMEONE TO REVIEW WHENEVER I'M FEELING DOWN ABOUT MYSELF

INSPIRATIONAL WORDS / PHRASE	FROM	WHOM

NEGATIVE REINFORCEMENTS



MY FEARS

THINGS I'M AFRAID OF	WHAT I CAN DO TO OVERCOME
2	
3	

REFLECTION

ATE:	
	DEACONG THAT HINDED ME FROM FEELING CONFIDENT
	REASONS THAT HINDER ME FROM FEELING CONFIDENT
	SOME STEPS I CAN TAKE TO OVERCOME THESE REASONS
	MY PLAN OF ACTIONS

HAPPINESS

ATE :	
SOME THINGS THAT MADE ME HAPPY AND HOW OFTEN I DO THEM:	
	_
	_
	-
MY TOP THREE PLAYLIST SONGS:	
TOP THREE SELF-CONFIDENCE QUOTES THAT RESONATE WITH ME	
	<u> </u>
2 THINGS TO BE HAPPY ABOUT TODAY	

MINDSET

PEOPLE WHO'LL HELP ME GROW	
ACTIVITIES TO HELP ME GROW	
	-
	_
	-
	-
RESOURCES THAT COULD HELP ME	
	_
	_

MONTHLY PLANNER

MONTH OF: _____

SMALL THINGS I CAN DO EACH DAY TO HELP BUILD MY CONFIDENCE

SUN	MON	TUE	WED	THU	FRI	SAT

WEEKLY PLANNER

WEEK OF:

WEEKLY GOALS MONDAY THURSDAY WEDNESDAY TUESDAY TO DO LIST FRIDAY SATURDAY **NOTES** SUNDAY **IDEAS & INSPIRATION** THINGS I'M THANKFUL FOR TODAY

DAILY PLANNER

DATE:	
MORNING PLAN	PRIORITIES
6:00	
7:00	
8:00	
9: 00	
10:00	TO DO LIST
11:00	
12: 00	
AFTERNOON PLAN	
1:00	
2:00	
3:00	INTENTION
	INTENTION
3:00	INTENTION
3:00 4:00	INTENTION
3:00 4:00 5:00	INTENTION
3:00 4:00 5:00 EVENING PLAN	
3:00 4:00 5:00 EVENING PLAN 6:00	GRATITUDE
3:00 4:00 5:00 EVENING PLAN 6:00 7:00	
3:00 4:00 5:00 EVENING PLAN 6:00 7:00	
3:00 4:00 5:00 EVENING PLAN 6:00 7:00 8:00 9:00	

SKINCARE ROUTINE

DATE:				
	1	ORNING ROUTINE		
STEP:	PRODUCT	M T W T	F S S	NOTES
		EVENING ROUTINE		
STEP:	PRODUCT		F S S	NOTES
STEP:	PRODUCT		F S S	NOTES
STEP:	PRODUCT		F S S	NOTES
STEP:	PRODUCT		F S S	
STEP:	PRODUCT	M T W T		
STEP:	PRODUCT	M T W T		
STEP:	PRODUCT	M T W T		
STEP:	PRODUCT	M T W T		

MINDFULNESS JOURNAL

HOW I'M FEELING TODAY:	ONE GOAL FOR TODAY:
I'M PROUD OF MYSELF FOR:	

THE HAPPY LIST

WRITE DOWN ACTIVITIES THAT WILL MAKE YOU FEEL HAPPY

	-	

GRATITUDE JOURNAL

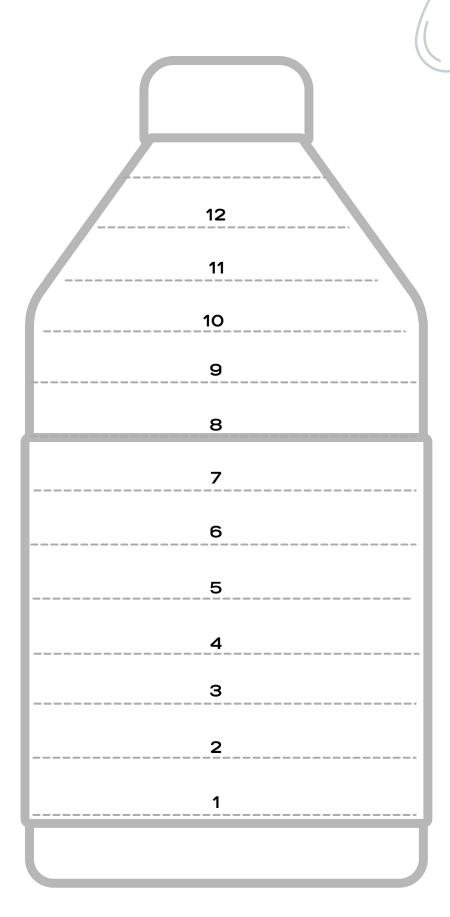
TODAY I'M GRATEFUL FOR	PEOPLE I'M GRATEFUL FOR	ONE LESSON I LEARNED

SLEEP TRACKER

HOURS OF SLEEP

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	ENERGY
1														
2														
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WATER TRACKER

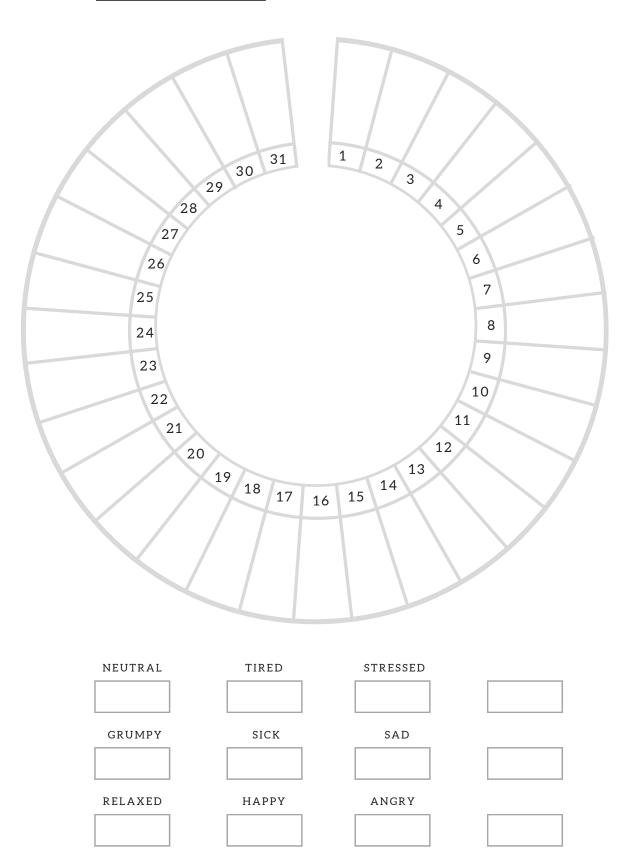


HABIT TRACKER

MONTH OF:		
HABIT:		1 2 3 4 5 6 7 8 9 10 11
		12 13 14 15 16 17 18 19 20 21 22
		23 24 25 26 27 28 29 30 31
GOAL:	DONE:	REWARD:
HABIT:		1 2 3 4 5 6 7 8 9 10 11
		12 13 14 15 16 17 18 19 20 21 22
		23 24 25 26 27 28 29 30 31
GOAL:	DONE:	REWARD:
HABIT:		1 2 3 4 5 6 7 8 9 10 11
		12 13 14 15 16 17 18 19 20 21 22
		23 24 25 26 27 28 29 30 31
GOAL:	DONE:	REWARD:
HABIT:		1 2 3 4 5 6 7 8 9 10 11
		12 13 14 15 16 17 18 19 20 21 22
		23 24 25 26 27 28 29 30 31
GOAL:	DONE:	REWARD:
HABIT:		1 2 3 4 5 6 7 8 9 10 11
		12 13 14 15 16 17 18 19 20 21 22
		23 24 25 26 27 28 29 30 31
GOAL:	DONE:	REWARD:

MOOD TRACKER

MONTH OF: _____



ALL-TIME FAVORITES

BOOKS	PODCASTS
FOODS	VIDEOS
FOODS D D D D D D D D D D D D D D D D D	VIDEOS
FOODS D D D D D D D D D D D D D D D D D	VIDEOS
FOODS	VIDEOS United State of the Control

ALL-TIME FAVORITES

BUCKET LIST

DATE :_____

ACTIVITIES CHECKLIST

FINAL REFLECTION

DATE :_			—									
	HOW	DID	l F	EEL	ON	THE	FIRST	DAY	OF	THIS	JOURNAL?	
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REFLECTION

DATE: LOVE LETTER TO MYSELF



Like the lotus that emerges from the mud, may you blossom into your strength, unleash your true potential, and flourish in any circumstance.



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