

Self Confidence PLANNER



By: Priscilla Rodriguez

SELF-CONFIDENCE CHALLENGE

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

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 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...

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

[illegible]

MY FEARS

THINGS I'M AFRAID OF	WHAT I CAN DO TO OVERCOME
①	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
②	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
③	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

REFLECTION

DATE : _____

REASONS THAT HINDER ME FROM FEELING CONFIDENT

SOME STEPS I CAN TAKE TO OVERCOME THESE REASONS

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MY PLAN OF ACTIONS

HAPPINESS

DATE : _____

SOME THINGS THAT MADE ME HAPPY AND HOW OFTEN I DO THEM :

MY TOP THREE PLAYLIST SONGS :

<input type="radio"/>	_____
<input type="radio"/>	_____
<input type="radio"/>	_____

TOP THREE SELF-CONFIDENCE QUOTES THAT RESONATE WITH ME

2 THINGS TO BE HAPPY ABOUT TODAY

_____	_____
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MINDSET

PEOPLE WHO'LL HELP ME GROW

[illegible]

ACTIVITIES TO HELP ME GROW

[illegible]

RESOURCES THAT COULD HELP ME

[illegible]

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: _____

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

IDEAS & INSPIRATION

WEEKLY GOALS

☐☐☐

TO DO LIST

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NOTES

THINGS I'M THANKFUL FOR TODAY

DAILY PLANNER

DATE : _____

MORNING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

AFTERNOON PLAN

1 : 00

2 : 00

3 : 00

4 : 00

5 : 00

EVENING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

PRIORITIES

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TO DO LIST

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INTENTION

GRATITUDE

SKINCARE ROUTINE

DATE : _____

MORNING ROUTINE

[illegible]

EVENING ROUTINE

[illegible]

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

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SLEEP TRACKER

MONTH OF: _____

HOURS OF SLEEP

[illegible]

WATER TRACKER

A large, stylized outline of a water bottle. The bottle has a handle at the top. Inside the bottle, there are horizontal dashed lines representing a scale. The numbers 1 through 12 are placed in the center of each line, starting from the bottom (1) and going up to the top (12). The bottle is divided into two main sections: a narrower neck section containing lines 8 through 12, and a wider body section containing lines 1 through 7.

12

11

10

9

8

7

6

5

4

3

2

1

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

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21

22

23

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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

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19

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21

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26

27

28

29

30

31

GOAL:

DONE:

REWARD:

HABIT:

1

2

3

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6

7

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11

12

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22

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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: _____

A circular mood tracker divided into 31 segments, numbered 1 to 31, for tracking daily moods. The segments are arranged in a ring, with numbers 1 through 31 placed along the inner edge of the ring. Each segment is currently empty, ready for a mood to be recorded.

NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

ALL-TIME FAVORITES

BOOKS

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FOODS

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PODCASTS

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VIDEOS

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ALL-TIME FAVORITES

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BUCKET LIST

DATE : _____

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ACTIVITIES CHECKLIST

[illegible]

FINAL REFLECTION

DATE : _____

HOW DID I FEEL ON THE FIRST DAY OF THIS JOURNAL ?

HOW I AM FEELING NOW COMPARED TO DAY 1 ?

REFLECTION

DATE : _____

LOVE LETTER TO MYSELF

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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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