

Confidence Booster

There are many ways to boost your self-confidence that are simple, but pack a good punch. When you get into the habit of adding confidence-boosters to your daily routine, you will find that your confidence and self-esteem become stronger every day.

The following exercise is useful for identifying confidence-boosters that work for you. Add them to your routine, and reap the benefits of greater self-confidence.

Instructions:

Step 1: Date.

Enter a one-week time period you would like to complete this activity in the table below. Be sure to choose a time period that works well with your goals.

Step 2: Booster.

Choose 5 self-esteem boosters from the list below (or add your own) and insert into the table. Remember to pick boosters that are both meaningful and realistic.

Step 3: Goals.

Indicate your goals for each booster and enter into the second column.

Step 4: Action.

Practice your boosters for the amount of time you specified.

Step 5: Results.

At the end of the week, indicate how well you did with each booster in the 'Results' column.

Step 6: Feelings/Notes.

Note how using each booster made you feel in the final column, also adding any notes you feel are important.

Step 7: Reflect and repeat.

Once you complete the activity for one week, think about whether you are happy with the boosters you chose or whether you would like to add different ones. You might also want to change the goals for each booster. Now repeat the steps above. Eventually, your self-confidence boosters will become so automatic, you will no longer need to complete the chart. But, if you find your confidence lacking, go back to this exercise and do it again. If you make these boosters a regular priority, you will be well on your way to feeling more self-confident and empowered.

Date: Example: January 1-7, 2021

Booster	Goal	Results	Feelings/Notes
Example: Jogging	30 minutes/5 days a week	Jogged 6 times	Proud and energetic
Example: Watercolor Painting	2 evenings per week	Did not have time to paint	Disappointed. Will engage in a sewing project instead.
Example: Vipassana Meditate	20 minutes each day	Meditated 4 times	Great, will try for 5 times a week in the future.

Self-Confidence Boosters:

- Wear a favorite outfit.
- Keep an admired person's photo nearby as an inspiring presence.
- Find a friend to confide in your confidence-enhancing plans, as he/she will make you more accountable.
- Create a playlist that inspires you and listen to it when you need a confidence lift.
- Schedule time just for yourself.
- Give yourself a small reward for completing a task.
- Say 'no' when you feel taken advantage of.
- Engage in a creative activity.
- Exercise
- Do something you love.
- Help someone else.
- Spend time with a positive person.
- Take a class.
- Go on a fun outing.
- Spend time with a supportive person.
- Practice something you find difficult in the mirror.
- Get enough sleep.
- Practice a new skill.
- Practice mindfulness meditation.
- Listen to an informative podcast.
- Notice negative self-talk with a more positive voice.
- Beautify your surroundings.
- Give yourself a compliment.

Heather S. Lonczak, Ph.D., 2020