

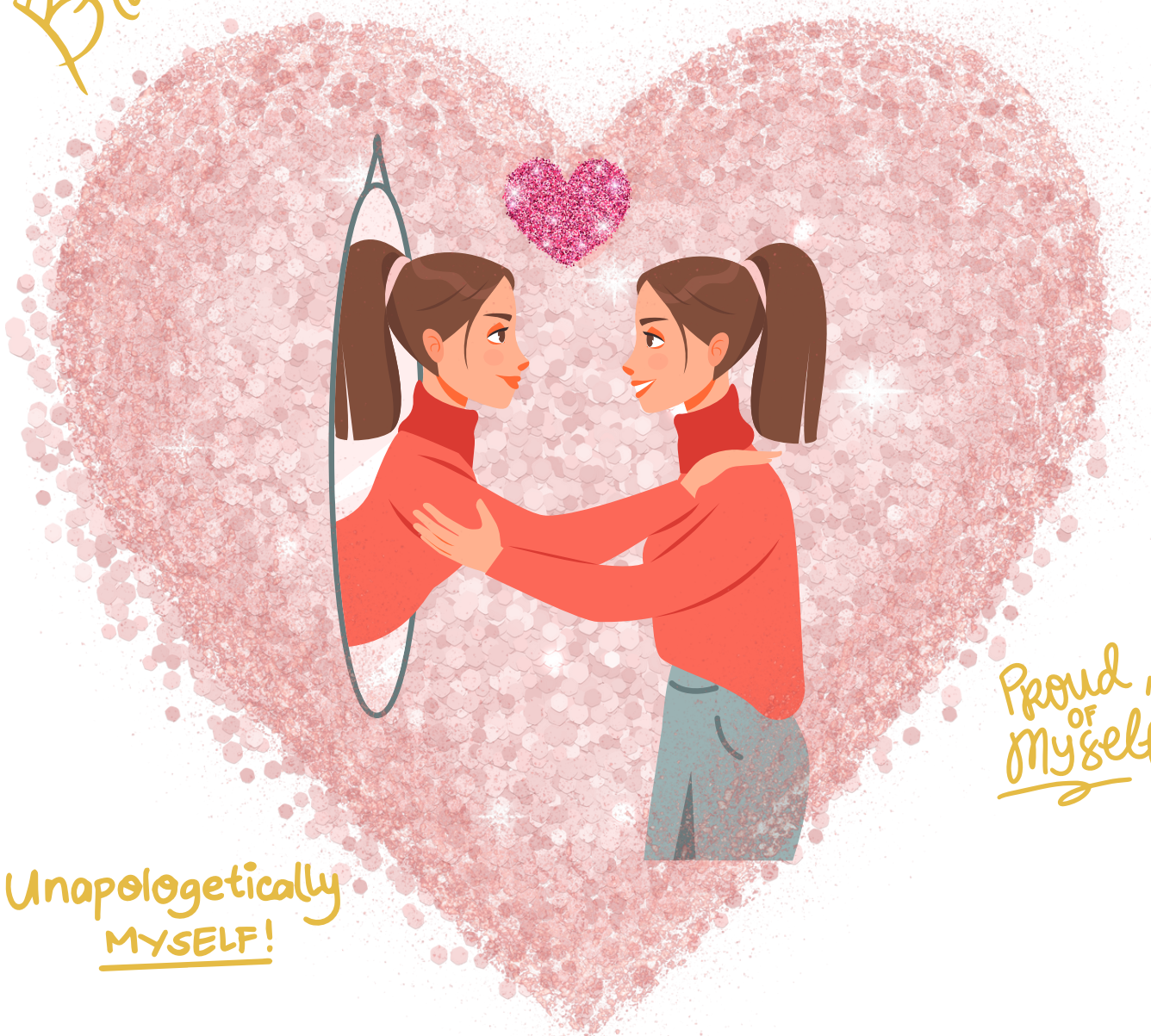
Enjoy  
Life

I am  
enough

# SELF-CONFIDENCE WORKBOOK

You'  
Got  
This!

Be  
Brave



Proud  
OF  
myself

Unapologetically  
MYSELF!

# WELLNESS RITUAL

## Daily Wellness Tips



Step into a whirlwind adventure of self-realization, pampering, and taking charge! This journal is your trusty sidekick on the quest to boost your self-worth through daily self-care habits. Spend a moment each day to pamper your soul, body, and mind, and watch yourself bloom into a bolder, sassier version of you!

### QUOTES OF THE DAY

*"Nobody can make you feel inferior without your consent." - Eleanor Roosevelt*

*"It is confidence in our bodies, mines, and spirits that allows us to keep looking for new adventures." - Oprah Winfrey*


*"Your value doesn't decrease based on someones inability to see your worth." - Unknown*



# SELF-CONFIDENCE CHECKLIST

NAVIGATE YOUR WAY THROUGH EACH PART, AND GIVE THAT CHECKBOX A SATISFYING TICK ONCE YOU'VE CONQUERED EACH TASK.

## POSITIVE AFFIRMATIONS:

 Write down and celebrate three positive affirmations every day!


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 Sprinkle positive vibes all around - on mirrors, phones, and even workspaces!

## CHALLENGE NEGATIVE THOUGHTS:


 Spot those gloomy thoughts and give them a sparkling makeover with some positive pizzazz!

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 Master the art of zen and get to know yourself inside out!

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## SELF-COMPASSION

 Indulge in self-compassion and grant yourself forgiveness for slip-ups.


 Keep calm and soothe yourself during those nail-biting moments.


## SOCIAL CONNECTIONS

 Drop a line to your buddies or fam bam on the reg!


 Get social! Join clubs or dive into group activities.

## WORK AND CAREER

 Celebrate work achievements and milestones.

 Keep a record of positive feedback and successes

## LEISURE AND ENJOYMENT

 Spend time doing hobbies or activities you love.

 Schedule regular leisure time.

# SELF-CONFIDENCE JOURNAL

DATE : \_\_\_\_\_

<b>MON</b>	TODAY, I TOTALLY NAILED... TODAY WAS A BLAST BECAUSE... I WAS BEAMING WITH PRIDE WHEN...
<b>TUE</b>	TODAY, I TOTALLY ACED... "MY WILD RIDE WITH..." I PULLED A LITTLE MAGIC FOR SOMEONE...
<b>WED</b>	I WAS BASKING IN MY OWN AWESOMENESS WHEN... I FELT THE WARM FUZZIES CHEERING FOR SOMEONE ELSE... TODAY WAS A ROLLERCOASTER OF SURPRISES BECAUSE...
<b>THU</b>	ONE THING I TOTALLY NAILED TODAY... TODAY WAS A BLAST BECAUSE... I WAS BEAMING WITH PRIDE WHEN...
<b>FRI</b>	TODAY'S TRIUMPHS INCLUDE... I HAD A GREAT TIME WITH... COOKED UP A LITTLE SURPRISE FOR A PAL...
<b>SAT</b>	I WAS ON CLOUD NINE WHEN... I WAS BEAMING WITH PRIDE FOR SOMEONE ELSE... TODAY WAS A REAL ROLLERCOASTER BECAUSE...
<b>SUN</b>	TODAY'S GOLD STAR MOMENT... TODAY WAS ABSOLUTELY AMAZING WHEN... I WAS FILLED WITH PRIDE WHEN...

# SELF-CARE CHECKLIST

## MORNING SELF-CARE

### Affirmations:

- ♡ Begin your day with positive affirmations. Look in the mirror and say statements like, "I am strong," "I am deserving of love and respect," and "I am capable of achieving my goals."

### Gratitude Practice

- ♡ Write down three things you are grateful for each morning. Focusing on gratitude shifts your mindset to appreciate the positive aspects of your life.

### Mindful Breathing

- ♡ Spend 5-10 minutes on deep breathing exercises or meditation to center yourself and reduce stress.

## AFTERNOON SELF-CARE

### Self-Care Breaks

- ♡ Take short breaks throughout your day to do something you enjoy, like reading a book, listening to music, or taking a short walk.

### Healthy Snacks

- ♡ Choose nutritious snacks that fuel your body and maintain your energy levels, such as fruits, nuts, or yogurt.

### Positive Self-Talk

- ♡ Be mindful of your inner dialogue. Whenever a negative thought arises, counter it with a positive one. Remind yourself of your strengths and achievements.

## EVENING SELF-CARE

### Reflection

- ♡ Reflect on your day and write down any accomplishments or positive experiences, no matter how small. Celebrate your successes.

### Skill Building

- ♡ Dedicate time to learning something new or practicing a hobby. Achieving small goals boosts confidence.

### Connect with Loved Ones

- ♡ Reach out to friends or family members for a quick chat. Positive social interactions enhance your mood and sense of belonging.

DATES :

MOOD :

# DAILY JOURNAL

*What's on your mind?*

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GOAL

♥ -----

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♥ -----

TO DO LIST

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# TASK TRACKER

## Infographic

NAME :  DATE :

1. TASK ONE SCORE : %

2. TASK TWO SCORE : %

3. TASK THREE SCORE : %

4. TASK FOUR SCORE : %

5. TASK FIVE SCORE : %

6. TASK SIX SCORE : %

### TASK LIST

1. TASK ONE  
2. TASK TWO  
3. TASK THREE  
4. TASK FOUR  
5. TASK FIVE  
6. TASK SIX



# EMPOWER

## *Yourself At Work*

NAVIGATE YOUR WAY THROUGH EACH SECTION, CHECKING OFF EACH STATEMENT AS YOU CONQUER IT LIKE A BOSS!

PASSAGES COME IN NUMEROUS VARIATIONS.



ENJOY MIND

.....%



IN BETWEEN

.....%



MISERY

.....%

SO MANY VERSIONS OF PASSAGES AWAIT!

 _____	 _____
 _____	 _____

"LET ME SPILL THE TEA ON HOW EVERYTHING WENT HAYWIRE IN THIS SCENARIO."

_____
_____

THERE ARE MANY VARIATIONS OF PASSAGES

1ST ACTION ..... BY WHEN .....

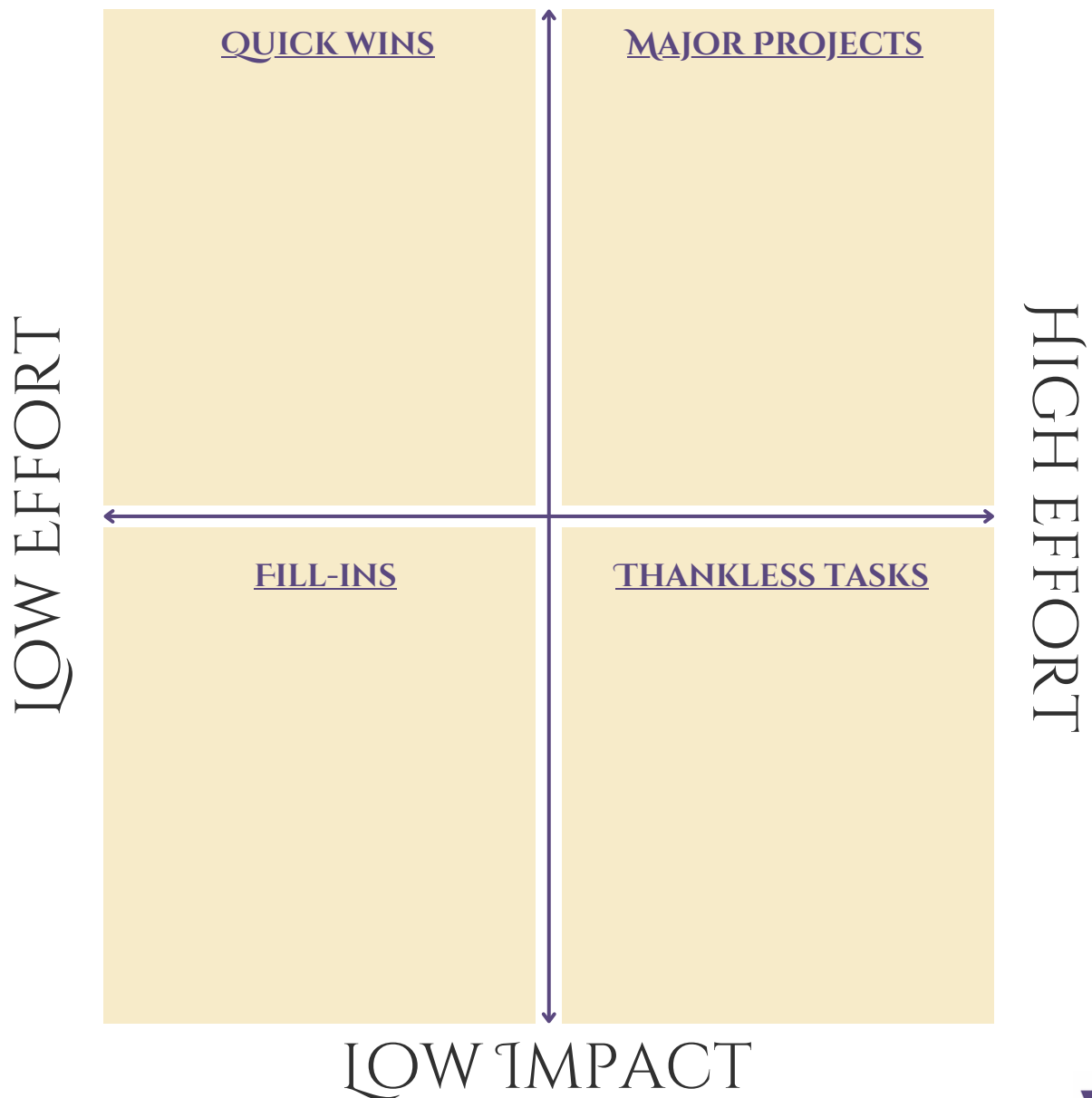
2ND ACTION ..... BY WHEN .....

3ND ACTION ..... BY WHEN .....

# MATRIX

THE ACTION PRIORITY MATRIX IS LIKE A CRYSTAL BALL FOR TASK MANAGEMENT, REVEALING WHICH TASKS ARE THE ROCKSTARS DEMANDING THE SPOTLIGHT AND HOW TO JUGGLE YOUR TIME LIKE A PRO.

## HIGH IMPACT



# LETTERS TO MYSELF

A NOTE TO MY MINI-ME:

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A NOTE TO MY PRESENT SELF:

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A NOTE FOR MY FUTURE ME:

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