

# CONFIDENCE RESUME

## Exploring strengths

### Instructions:

This “Confidence Resume” will provide powerful reminders of your strengths and abilities. Therefore, when adversity happens or self-doubt creeps in this worksheet will remind you of the reasons you should believe in yourself. And don’t worry about being modest when completing this. This is for your eyes only. So, write it down, review it often, add to it, and allow yourself to feel confident about who you are!

What are your top strengths (or character/personality)?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What praise, words of wisdom, positive feedback, or compliments have others given you?

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What personal successes or accomplishments have you had that you are most proud of?

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How would you describe yourself to others if you took the most positive stance possible?

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What can you say about your daily work ethic that gives you confidence?

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What have you successfully done in the past to overcome adversity? \_\_\_\_\_

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Write a list of **six positive and truthful statements about yourself**.

- a. Find a quiet place to relax. For one or two minutes reflect on one of the statements and search for evidence that is its true. Repeat this for each statement.
- b. Repeat this exercise every day for 10 days. Each day, ask yourself if there is another positive self-statement you can add; if the answer is yes, then add it to your list.
- c. Several times each day, look at an item on the list, and, for about two minutes, reflect on the evidence for its accuracy.

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6 Positive Self-Statements:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Complete these sentences:

Something I do really well is \_\_\_\_\_

My greatest strength is \_\_\_\_\_

I am proud \_\_\_\_\_

My greatest achievement is \_\_\_\_\_

Success \_\_\_\_\_

Passion is \_\_\_\_\_

I have the power to \_\_\_\_\_

I believe \_\_\_\_\_

I am unstoppable when \_\_\_\_\_

I am not afraid to \_\_\_\_\_

Something I am committed to doing better this year is \_\_\_\_\_

Today, I will \_\_\_\_\_