

How To Improve Confidence



& Build A Life You Love

What Is Confidence?

Confidence is the belief or trust in your own abilities, qualities and judgment.

It is about feeling capable. Whether you're speaking up, trying something new or handling setbacks.

It is not something that some people have and others don't. It is a skill and like any skill, it can be learned, improved and mastered over time.

This is how you build confidence



Just as physical muscles grow stronger with regular exercise, our confidence can increase through experiences and challenges. The key is to take small actions that push us outside of our comfort zone. This allows us to build resilience and self-belief.

What can get in the way

Fear, doubt and comparison can get in the way of building confidence. Reflecting on what could be holding you back can provide clear actionable steps for you to move forward.

What's your biggest fear when it comes to putting yourself out there?

Is this fear 100% true? Reframe what you just said in an empowering way.

Who do you compare yourself to and why?

What is one thing you'd like to do in your life?

What is one small action you could take to get you closer to that?

The 4 Pillars of Confidence

These four pillars form the foundation of lasting confidence. Strengthen each one through small, consistent actions and you'll create a version of yourself that feels more capable, grounded and not afraid to take risks.



Self-belief



Self-acceptance



Courage



Experience

Self-belief

Trusting that you can handle whatever comes your way.

Self-acceptance

Being comfortable with who you are - warts and all.

Courage

Taking action even when you feel afraid or uncertain.

Experience

The more you practice or succeed, the more your confidence grows.

How To Build Each Pillar

Self-belief

When was the last time you surprised yourself by handling something tough?

Self-acceptance

What's one thing you usually try to hide that you could start accepting instead?

Courage

What's one small risk you could take this week that feels a little scary but exciting?

Experience

What's one thing you've gotten better at just by doing it repeatedly?

How To Build A Life You Love

A lot of people think they need to feel confident before they can get what they want in life. But actually, it works the other way around. When you start building a life you enjoy, confidence tends to follow. The idea is to find what feels meaningful to you.



Over the next few pages, you'll explore some simple exercises that help you figure out what matters most to you and how you can start living more authentically. Each section has reflection prompts and small actions to help you take the next step.

What Matters Most?

Lets figure it out

What does a good day look like for you?

What are three things that matter most to you in life right now?

What do you want more of in your life? Peace, Fun, Purpose?

When have you felt proud of a decision you made?
What guided you?

What Are My Values?

A value is something that is important to you. From the list below, mark off any of the values that you resonate with.

- | | | | |
|---------------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| <input type="radio"/> Acknowledgement | <input type="radio"/> Environment | <input type="radio"/> Independence | <input type="radio"/> Passion |
| <input type="radio"/> Adventure | <input type="radio"/> Excellence | <input type="radio"/> Innovation | <input type="radio"/> Patience |
| <input type="radio"/> Authenticity | <input type="radio"/> Family | <input type="radio"/> Integrity | <input type="radio"/> Peace |
| <input type="radio"/> Balance | <input type="radio"/> Flexibility | <input type="radio"/> Intuition | <input type="radio"/> Productivity |
| <input type="radio"/> Bravery | <input type="radio"/> Forgiveness | <input type="radio"/> Joy | <input type="radio"/> Recognition |
| <input type="radio"/> Beauty | <input type="radio"/> Freedom | <input type="radio"/> Kindness | <input type="radio"/> Respect |
| <input type="radio"/> Confidence | <input type="radio"/> Friendship | <input type="radio"/> Learning | <input type="radio"/> Safety |
| <input type="radio"/> Contentment | <input type="radio"/> Fun | <input type="radio"/> Listening | <input type="radio"/> Service |
| <input type="radio"/> Community | <input type="radio"/> Generosity | <input type="radio"/> Love | <input type="radio"/> Simplicity |
| <input type="radio"/> Creativity | <input type="radio"/> Happiness | <input type="radio"/> Loyalty | <input type="radio"/> Strength |
| <input type="radio"/> Ease | <input type="radio"/> Health | <input type="radio"/> Nature | <input type="radio"/> Tradition |
| <input type="radio"/> Excitement | <input type="radio"/> Humour | <input type="radio"/> Partnership | <input type="radio"/> Trust |

From the list above (or any values that come to mind), write down the 10 that you identify with the most:

- | | |
|---|---|
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What Makes Me Unique?

Deep Dive

What are some things you're naturally good at or enjoy doing?

When do you feel most like yourself?

What do others often thank you for or notice about you?

What's something you've done that made you feel capable or proud?

What Are My Strengths?

Now you have some ideas for what you're good at, think about how you can bring more of your strengths into your week or routines.

Strength:

How I currently use it:

One new way I can use it:

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How I currently use it:

One new way I can use it:

How Can I Experiment?

Explore Ideas

- What's something small I've been thinking about trying?
- Is there a habit or routine that might make life feel better or easier?
- What's one thing I could stop or reduce that drains my energy?

Get Clear and Take Action!

- I want to try:
- When I'll do it:
- Why it matters to me:
- How I'll remind myself:

Joy & Rest

Joy & Rest shouldn't be a rewards, they're essential to keeping you energised, motivated and resilient in the face of adversity.

Take a few moments to build a personal menu of things that help you feel good.

Quick Joys

Think of simple things that lift your mood, calm your mind and help you reset.

Examples:

- Listening to a favourite song
- Stretching or walking outside
- Having a hot drink
- Watching something funny
- Doodling or daydreaming
- Texting someone you like

My Quick Joys:

-
-
-

What Fills My Cup?

Deeper Recharge

Think of activities that give you real rest or fill your cup when you have more time.

Examples:

- Going for a nature walk
- Doing something creative or hands-on
- Having a slow morning or evening
- Spending time with someone who energises you
- Reading, swimming, cooking just for fun

My Recharge Ideas:

- 1.
- 2.
- 3.

This Week...

Quick Joy I'll try:

Deeper Recharge I'll make time for:

Wrap Up

What You Explored

What Matters Most

You got clear on your values and what makes life meaningful for you.

Your Strengths

You identified what you're already good at and how to use those strengths more often.

One Small Step

You chose a doable experiment to gently move toward the life you want.

Joy and Rest

You made space for the things that bring you energy, calm and joy.

Final Reflection

What's one insight you're taking away from this?

Thanks and best of luck with everything. I hope I could help in some small way, shape or form. If you want help you go further, check out my other resources or my 1:1 coaching options.

Ash

[Resources](#)

[1:1 Coaching](#)