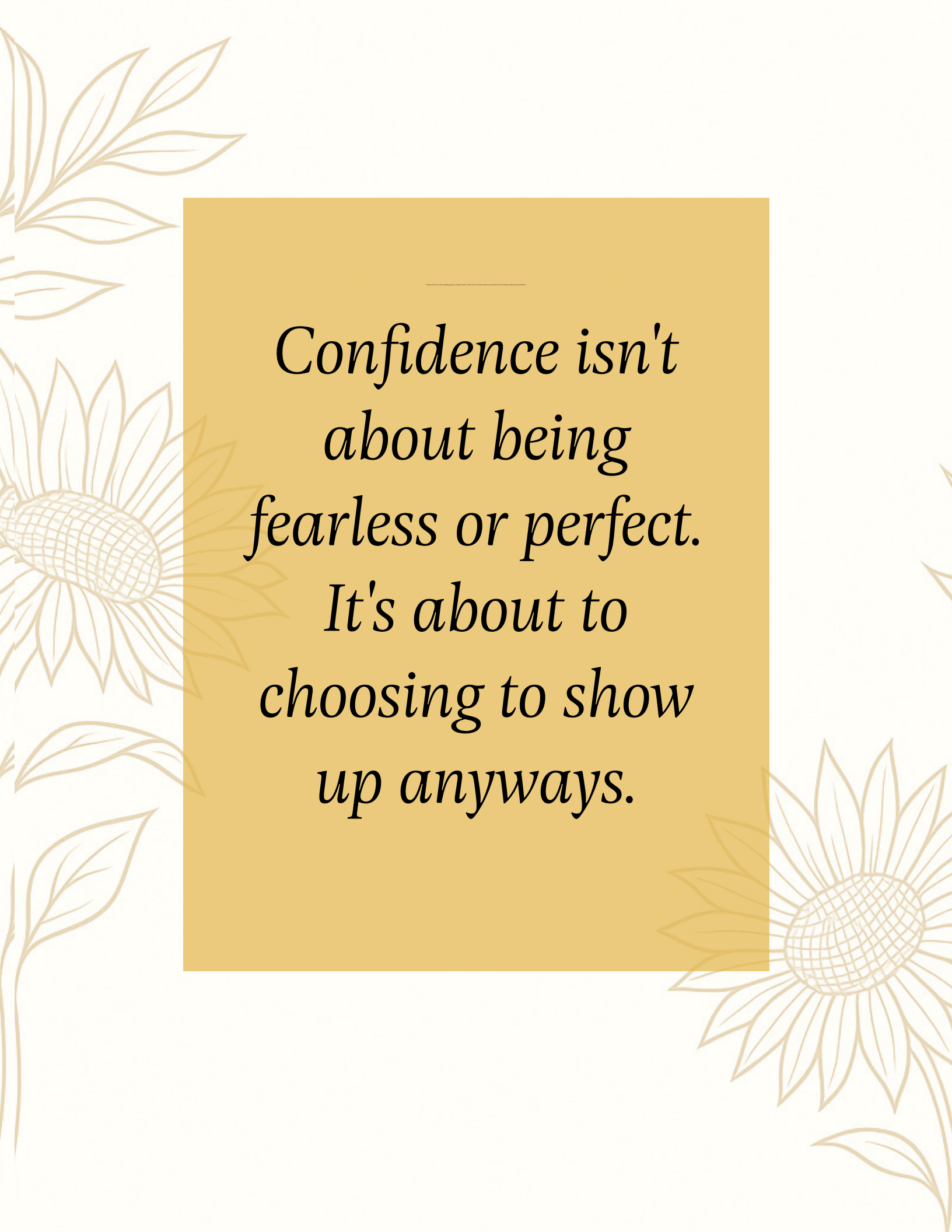
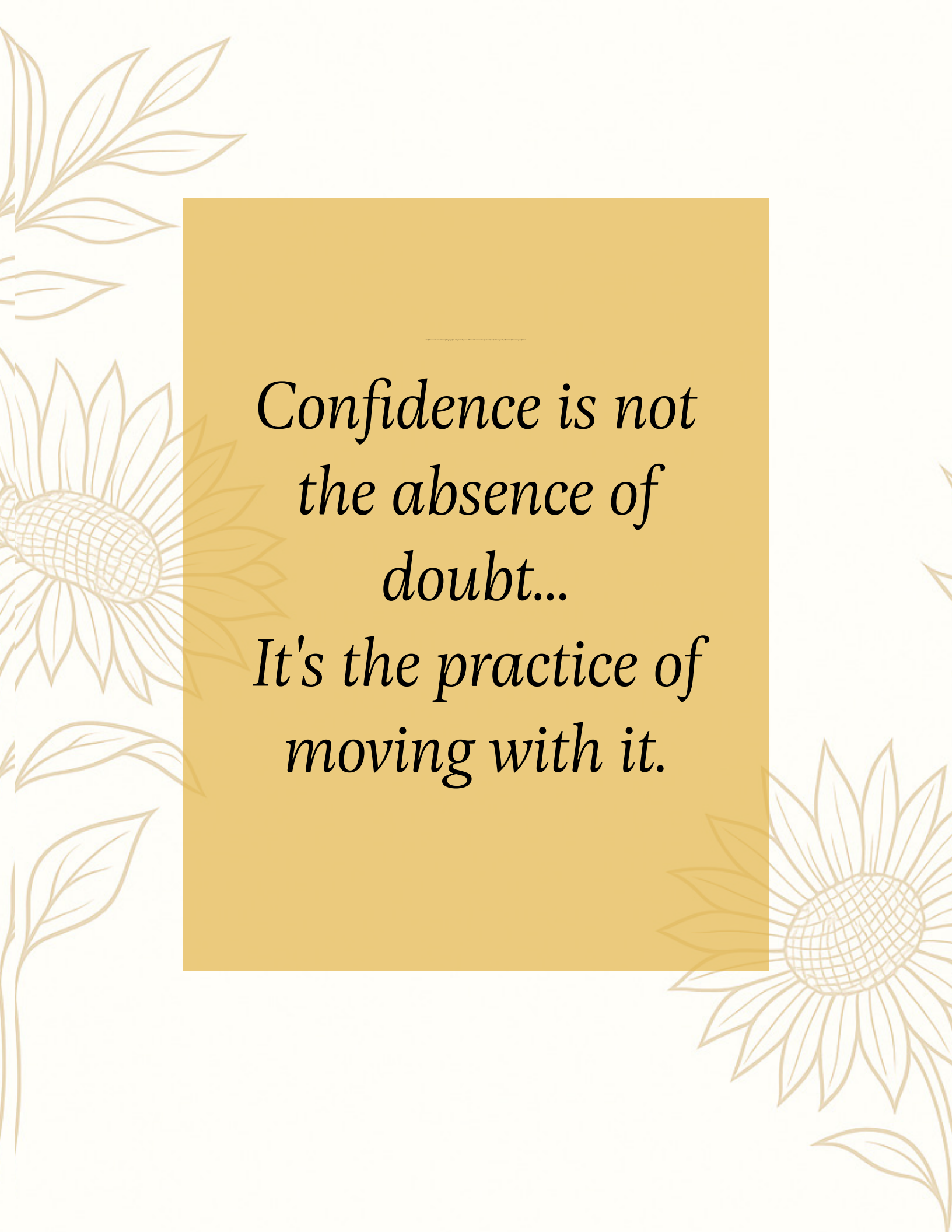


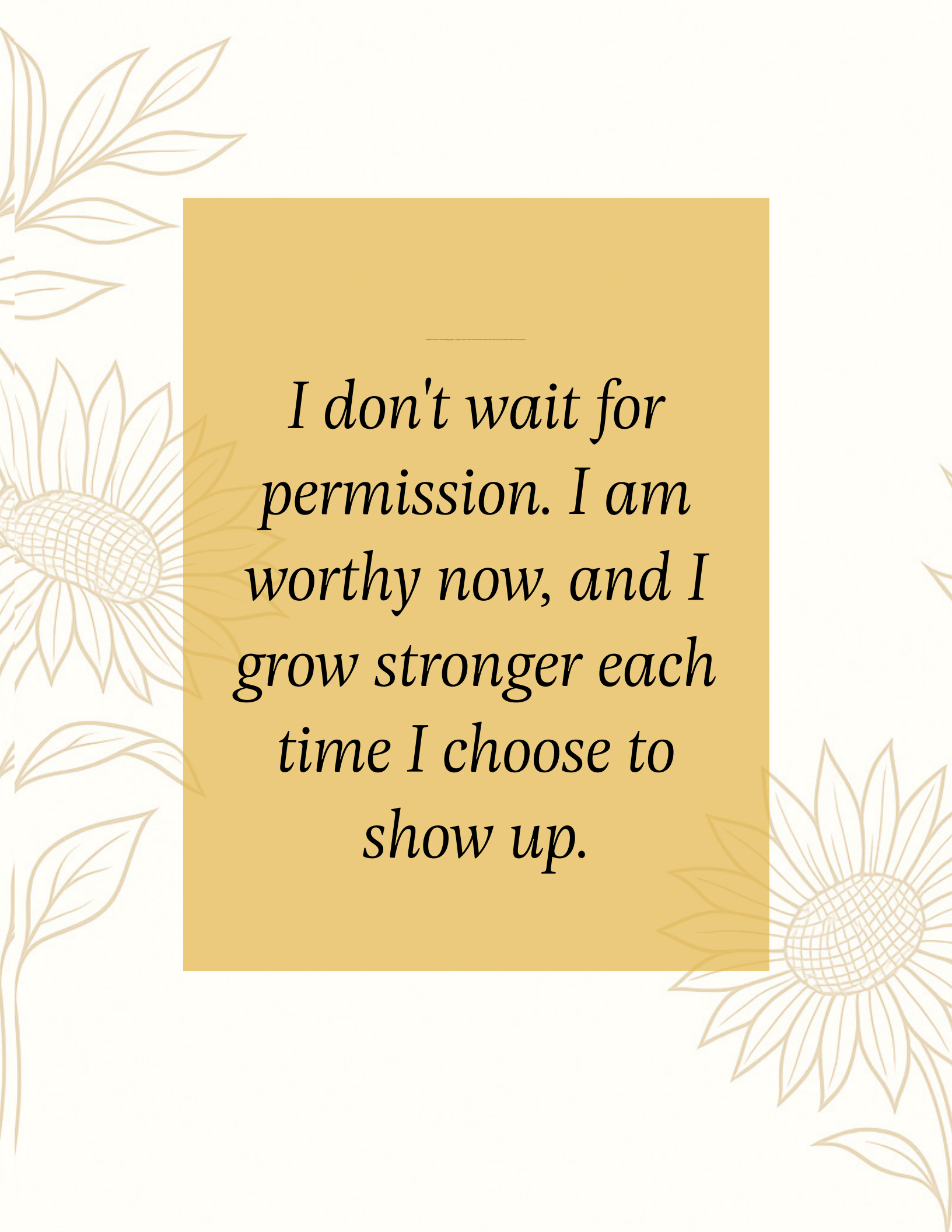


*Confidence isn't
about being
fearless or perfect.
It's about to
choosing to show
up anyways.*

The background features a light beige square centered on a white background. The square contains the text. Surrounding the square are delicate line-art illustrations of sunflowers and leaves in a light beige color. One sunflower is on the left, partially behind the square, and another is on the right, also partially behind the square. Leaves are scattered around the flowers.

*Confidence is not
the absence of
doubt...*

*It's the practice of
moving with it.*

The background features a light beige color with faint, stylized line art of sunflowers and leaves. One sunflower is prominent on the left side, and another is on the bottom right. A central rectangular area is filled with a solid mustard yellow color, serving as a backdrop for the text.

*I don't wait for
permission. I am
worthy now, and I
grow stronger each
time I choose to
show up.*



*I honor my worth
and trust my steps.
Confidence follows
when I move with
kindness and
courage.*

Reflection Worksheet

Self-Worth & Self-Confidence in Action

Confidence is what you practice. Self-worth is what grounds you. One without the other feels empty, that's why self-worth matters too. Without self-worth confidence turns into constant chasing, always needing the next achievement, the next "win" to feel good enough. Self-worth reminds you that you are valuable no matter what, so the confidence you build actually feels solid and real.

1. Be Okay With Being 'Cringey.'

Write about a moment when you felt awkward or "cringey," but looking back, you're proud you tried.

Self-worth: I know I'm worthy of love and belonging, even when I'm perfect.

Confidence: I practice showing up anyway, because growth comes in the trying.

What would it look like to give yourself that permission more often, instead of waiting until you feel flawless?

2. Don't Wait Until You're 'Ready.'

Think of one time you said yes, before you felt ready, and it worked out anyway. How did that prove your own strength?

Self-worth: I know I'm worthy of opportunities now, not just later.

Confidence: I allow myself to take steps before I feel perfectly prepared.

What's one thing you've been putting off because you're waiting for the "perfect time"? What if you chose to take a small step today?

3. Change Your Inner Dialogue.

Think back of a time when your inner dialogue lifted you up instead of tearing you down. How did it feel to be on your own side?

Self-worth: I know I'm worthy of speaking kindly to myself.

Confidence: I practice turning that I kindness into a steady voice I can believe.

Now imagine if you made that your inner voice everyday voice. What would shift in how you show up?

4. Dress Nice.

Write about the last time you dressed up for something special. How did it shift the way you felt about yourself; powerful, radiant, unstoppable?

Self-worth: I know I'm worthy of feeling beautiful, every single day.

Confidence: I allow myself to step into that beauty, no matter the setting.

Now ask yourself: what if I didn't wait for "special occasions" to feel this way? What if everyday was reason enough?
