

Your Confidence Workbook

*A Step-by-step guide that will
build your confidence so you
step into the life you are
meant to be living.*

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Hi, I'm Meredith,



Is your self-confidence holding you back from living your best life? Are you ready to conquer your inner self-doubt and the insecurity, that is keeping you from living your best life? Imagine what would it be like to live with unshakeable confidence and self-awareness.

As a licensed therapist and coach with over 20 years of experience and extensive research with women with anxiety and stress and a lack of confidence. I've created this challenge to take you through the next 7 days. In it, you'll find 6 steps that help you get back in touch with yourself so that you can:

- Get real with your true self and learn to love and own who you are at the core.
- Define your personal values and discover what it looks like to live life within these boundaries.
- Identify your strengths and use them to create a rock-solid foundation for radiant confidence and unwavering self-esteem.
- Let go of self-doubt and perfection in hopes it will bring happiness so that you can find more meaning in your life.
- Create happiness, fulfillment, and a real sense of self-worth, that is reflected in your life, relationships, conversations, and your outlook on life.

If you want to find clarity right away, click the button below to book your free-15 min call where I can give you instant and direct feedback on what steps you can take now so that you can start creating changes to feel better and get back to you.

[Let's get started](#)

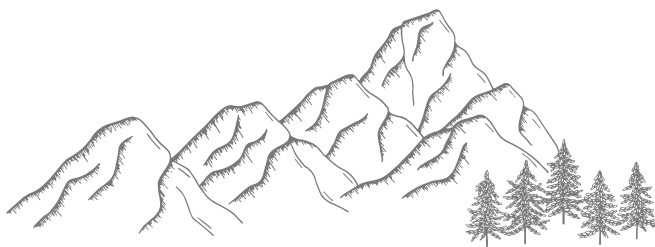
So what are you waiting for? Let's get started!

SELF-CONFIDENCE IN 6 STEPS

Self-Confidence in 6 Steps	Page 2
Personal Mantra	Page 3-4
Choosing Your Values	Page 5-6
Gratitude	Page 7
Strengths	Page 8-11

Beauty begins
the moment
you decide to be
yourself.

-Coco Chanel



SELF-CONFIDENCE IN 6 STEPS

This tool is used for raising self-awareness and compassion.



Personal Mantra or Quote:

1.

Goals:

1.

2.

I am Grateful for:

1.

2.

3.

4.

Strengths:

1.

2.

3.

4.

5.

Values:

1.

2.

3.

Self-Care Practices:

1.

2.

3.

4.

5.

6.

CREATE A MANTRA

What is this tool for?

The word “mantras” is sometimes used interchangeably with “affirmations.” Mantras are powerful tools to calm stress, worry, and anxiety. A mantra can calm, soothe, motivate, and encourage.

The goal when using a mantra is that only positive intentions and actions will fill your mind; *it is used to talk back to your inner critic.*

This works in two parts:

- Helps to focus your mind.
- Eliminates the thought that was creating the worry in the first place.

A mantra can be as simple as the word 'love', something you are thankful for, or even a phrase. It can also be an affirmation, such as 'I accept myself'. There are no right or wrong affirmations.

Examples of mantras often used for stress, worry, and anxiety:

- Be here, now.
- Just breathe.
- Stay present.
- One day at a time.
- I can get through this.
- I am strong.
- I am doing my best.
- Be kind to myself.
- I am not my thoughts.

Mantras can also be quotes that resonate with you. One of my favorites is, "You can't stop the waves, but you can learn to surf." - John Kabat-Zinn. It's important to find the word, phrase, or quote that you deeply believe in and that resonates with you.

Let's create your mantra!

Find out what's the most pertinent aspect to focus on in the here and now. Be assertive in your statement. Do not allow your own self-judgement to sway your writing or your voice. Having a mantra is empowering and it allows you to work on self-care and calming stress and anxiety at the same time.

CHOOSING YOUR VALUES

Choosing your values



Your values are essential to connecting with what really matters in your life. When we know our values we can be authentically true to ourselves. (And there is so much relief in being authentic and in alignment with who we really are.) When you are aware of your values, choices get easier and next steps become clearer.

IDENTIFY & CIRCLE your **top 10 values** On THE LIST BELOW.
you can then learn to include them in your decision making.

- | | | |
|----------------|---------------------|------------------|
| Acceptance | Flexibility | Risk-Taking |
| Accountability | Freedom | Security |
| Achievement | Fun | Self-Love |
| Adventure | Generosity | Self-Respect |
| Advocacy | Grace | Self-Sufficiency |
| Ambition | Gratitude | Service |
| Authenticity | Flexibility | Spirituality |
| Appreciation | Happiness | Stability |
| Attractiveness | Honesty | Peace |
| Autonomy | Humility | Perfection |
| Balance | Humor | Playfulness |
| Bravery | Independence | Popularity |
| Boldness | Individuality | Power |
| Calmness | Inner Peace | Punctuality |
| Caring | Inspiration | Recognition |
| Challenge | Intelligence | Relationships |
| Community | Intuition | Reliability |
| Commitment | Integrity | Resilience |
| Compassion | Joy | Resourcefulness |
| Cooperation | Kindness | Responsibility |
| Consistency | Knowledge | Security |
| Contribution | Leadership | Self-Control |
| Creativity | Learning | Selflessness |
| Credibility | Love | Simplicity |
| Curiosity | Loyalty | Stability |
| Daring | Making a Difference | Success |
| Dedication | Minimalism | Teamwork |
| Dependability | Mindfulness | Thankfulness |
| Diversity | Motivation | Thoughtfulness |
| Empathy | Nature | Trustworthiness |
| Encouragement | Optimism | Understanding |
| Enthusiasm | Open-Mindedness | Uniqueness |
| Ethics | Passion | Usefulness |
| Excellence | Performance | Wealth |
| Fairness | Perseverance | Well-Being |
| Family | Professionalism | Wisdom |
| Friendships | Recognition | Write your own |

CHOOSING YOUR VALUES

List your TOP 5 values

- 1.
- 2.
- 3.
- 4.
- 5.

Do they feel in alignment with who you truly are?

Do they help to put things into perspective? If so, what might you say “yes” or “no” to now?

4-steps to feeling gratitude

Use this opportunity to declutter your mind and to cultivate gratitude. Write down the first things that come to mind for each prompt. Once you've completed the exercise look back at the work you've done and fill in any remaining gaps. Now reflect again on how this made you feel. Happy? Full? Thankful? Let's discuss these feelings at our next one-on-one session.

What is 1 thing you are looking forward to.

1.

Write down 2 memories that bring you joy.

1.

2.

List 3 people you are grateful for.

1.

2.

3.

List 4 things that you love doing.

1.

2.

3.

4.

What are your Strengths?

Understanding and using our strengths is about focusing on things that come most naturally to us and that we love to do. Research shows that **using our strengths** in new ways can make us **happier**, even after **just one week!**

Strengths can be interpreted in various ways and can help us to create more self-compassion. I also like to use my strengths as mantras when life gets tough. For example, when I feel like something is “too hard” I remind myself to persevere (one of my top 5). Your strengths are like personal superpowers that can be applied to any situation, at any time, with anyone.

Harnessing these qualities requires self-awareness, exploration and practice. I encourage you to take your time and enjoy this activity.

The Values in Action (link below) Survey of Character Strengths is a simple self-assessment tool that takes less than 15 minutes and provides a wealth of information to **help you understand your core characteristics**. Most personality tests focus on negative and neutral traits, but the VIA Survey allows you to focus on your best qualities.

Created under the direction of Dr. Martin Seligman, the "father of Positive Psychology" and author of Authentic Happiness and Flourish, and Dr. Christopher Peterson this tool is regarded as a central tool of positive psychology. It has been used in hundreds of research studies, it has also been taken by over 5 million people in over 190 countries resulting in better self-awareness and compassion.

You're able to take the test and get the results for free. There is also an option to buy more integrative and an in depth analysis and results, but is not necessary for this exercise. However, if you think they would be helpful we can certainly use them in our work together.

Prefer a handout? Or don't want to create an account? [Check out this link here.](#)

Take the VIA Survey here: <https://www.viacharacter.org/survey/account/register>

Want to know more about the research behind VIA?

<https://www.youtube.com/watch?v=BdQRECe37K0#action=share>



YOUR SIGNATURE STRENGTHS

1. Identify your Strengths?

Identify your strengths by completing the VIA Character Strengths assessment, which takes up to 30 minutes to complete. Take the survey [HERE](#).

2. Signature Strengths

This shows which of 24 character strengths are your "**signature strengths**". Make sure you answer the questions as you really are and not how you think you should be!

Write down your top five strengths from the survey results below:

1.

2.

3.

4.

5.

3. Top Five (5)

Review your strengths by having a look at each of your **top 5** one at a time and ask yourself the following:

Do I feel naturally drawn to this strength (excited, energized, etc)?

Do I feel surprised by it? Is this the real me?

How much do I use this strength currently (at work, at home, etc)?

Would others see it in me? If you're not sure, ask someone you trust.

If you don't feel that 1 of the 5 is the real you, then look at a 6th and ask yourself the same questions. Repeat this until you get to a list of 5 that you feel is the 'real you'.

4. Action Plan: Use your Strengths!

Pick one of your top 5 strengths and ask yourself the following:

How do I use this already and in what areas of my life?

What are other areas in my life where I could use this strength?

Every day over the next week, try to use the identified strength in a new way or in a new area of your life. Repeat the following week using another of your top five strengths and so on.

25 Self Care Ideas in 5 Minutes (or less)

- Journal - Put Your Thoughts Down
- Color Something // Be Crafty
- Doodle
- Take A Shower
- Give Yourself A Face Mask
- Paint Your Nails - Mani//Pedi
- Read A Book Or Article
- Enjoy your favorite drink
- Hug Someone
- Listen To An AudioBook//Podcast
- Enjoy A Cup Of Coffee In Peace
- Yoga // Stretch
- Foam Roll//Self Massage
- Declutter // Organize A Space
- Take A Walk // Stroller Ride
- Make Yourself A Yummy Snack Or Treat
- Practice Mindfulness
- Listen to your favorite song
- Take 3 Deep Breaths
- Talk To A Friend
- Order takeout for dinner
- Go to sleep early
- Set a timer for your social and scroll
- Write down 3 things you are grateful for
- Repeat "I am strong, I can do this!"

reflection

How do you feel before
starting self-care?

How do you feel after
self-care?

Way to go!

I am a therapist and a coach, and I know firsthand how it feels to experience stress, anxiety, and the limitations of self-doubt. I hope that using this workbook has helped you to begin to find your way back to you.

If this has been helpful to you but you want to dig in deeper. Let's set up a free intro call and we can discuss which steps you can really start prioritizing so that you can start leading your life with more confidence right away.



“Confidence is the most beautiful thing you can possess.”
Sabrina Carpenter

Schedule a call

Follow me on social media for more science-backed daily tips, free worksheets and a free, private FB group.

