

Worksheet 15: Building self-confidence

Under-valuing this person could be your biggest *risk*.

Confidence (noun): The feeling or belief that one can have faith in or rely on someone or something.

Should people have confidence in you?

Do you think you are a reliable person?

If other people can rely on you, can you also rely on yourself?

Self-doubt can be a sign to others that you are simply a polite person. Being confident means being more self-focused.

If you are trying to improve your health, **what you are doing is for you**, and not for anyone else.

If you are a polite and considerate person, you will sometimes feel guilty about doing things for yourself, which can in turn undermine your confidence, and slow down your progress towards your goals.

Let's look at the ratio of things you do for yourself, and things you do for other people.

Task	
Some things I did this week...	The person I did this thing for:

A healthy ratio of tasks for self vs. tasks for others is 50%.

Plan	
Some things I plan to do this week:	Who this will be for (50% for me):