



# WORKING OUT: HOW TO BUILD YOUR CONFIDENCE MUSCLE

*Each time we face our fear, we gain strength, courage, and confidence in the doing.* - Theodore Roosevelt

1. **Why** would **I** like to build **my** confidence muscle? \_\_\_\_\_

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2. In what specific area **do I struggle** with confidence? \_\_\_\_\_

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3. What might **my obstacles** be? \_\_\_\_\_

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4. **What areas can I consider** as I build my confidence muscle?

**My gifts:** \_\_\_\_\_

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**My talents:** \_\_\_\_\_

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**My skills:** \_\_\_\_\_

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**My knowledge:** \_\_\_\_\_

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**My education:** \_\_\_\_\_

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**My behavioral tendencies:** \_\_\_\_\_

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**My experiences:** \_\_\_\_\_

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**My upbringing:** \_\_\_\_\_

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**TIPS I CAN USE TO BUILD MY CONFIDENCE MUSCLE**

1. Challenge the \_\_\_\_\_.
2. \_\_\_\_\_ the committee.
3. \_\_\_\_\_ and \_\_\_\_\_ goals.
4. Build \_\_\_\_\_.
5. Catalog what you have \_\_\_\_\_.
6. Admit \_\_\_\_\_ so you can learn from them.
7. Accept \_\_\_\_\_ graciously.
8. \_\_\_\_\_ yourself.
9. Take \_\_\_\_\_.
10. Acknowledge when you do \_\_\_\_\_ well.
11. Set \_\_\_\_\_ goals, \_\_\_\_\_ them, \_\_\_\_\_, and \_\_\_\_\_ them.
12. Learn to deal with \_\_\_\_\_.
13. See yourself as \_\_\_\_\_.
14. \_\_\_\_\_ yourself.

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15. \_\_\_\_\_ about yourself.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) be aware of how you \_\_\_\_\_
16. Know that you are \_\_\_\_\_.
17. Establish \_\_\_\_\_.
18. Limit your \_\_\_\_\_.

**In the next 30 days, I will:** \_\_\_\_\_  
\_\_\_\_\_

*Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful. – Mark Victor Hansen*