



CONFIDENCE Rx

AN INTROSPECTIVE WORKSHEET FOR CULTIVATING CONFIDENCE



THE QUALITIES THAT I VALUE MOST ABOUT MYSELF ARE:
MEDITATE ON THIS AND LIST YOUR TOP E.G. 5 PERSONALITY TRAITS, STRENGTHS, BELIEFS.

WHAT DO I NEED IN THIS MOMENT?

WHAT DOES IT MEAN TO LOVE & APPREVE OF MYSELF?

WHAT CAUSES ME TO FEEL LESS DESIRABLE OR UNWORTHY?



TAKING A TACTICAL APPROACH:
DURING PERIODS OF DOUBT I RESOLVE TO DO THE FOLLOWING TO ACKNOWLEDGE MY
VALUE AND CULTIVATE SELF-WORTH, SELF-LOVE AND APPRECIATION:



REBUILDING
— YOUR —
CONFIDENCE
AFTER A RELATIONSHIP