

SELF-AWARENESS TOOL

Fill out the following questionnaire each evening over the course of a few days. When filling out the questionnaire, it may help to think of a specific life area in which you feel confident right now.

WHAT SPARKED YOUR CONFIDENCE?

- What was the event/action that triggered your feeling of confidence?

Example: I got great feedback on an assignment

SELF-AWARENESS TIP:

See if you can identify the main triggers of confidence for you. Try to build more opportunities to experience these events into your daily life. If you want to learn how to do this in a practical way then check out our [Goal-Setting](#) resource.

- Who else was involved in the event/action that made you feel confident?

Example: My friend who praised my work

SELF-AWARENESS TIP:

Who are the people that make you feel positive? Proactively look to spend time with these people when you want to boost your mood and your confidence.

WHAT HAPPENED NEXT?

- Note down all the thoughts you had when you were feeling confident.

Example: "I put a lot of work into that assignment and I'm proud of myself for getting such good feedback"

SELF-AWARENESS TIP:

These thoughts are known as positive self-talk. Use positive self-talk to give yourself encouragement and praise in any situation where you want to develop more confidence. If you want to learn more about positive self-talk check out our [Affirmations](#) resource.

- When this event happened, what did other people say to you about it? Did you get specific praise, encouragement or feedback from other people?

Example: My friend told me “you worked really hard for that assignment you deserve the great mark”

SELF-AWARENESS TIP:

Writing down positive comments from others helps your mind to dwell on positive feedback. Make a habit of reading back over these comments regularly – this is a great way to build confidence.

- What was your body language like when you felt confident? Was your tone of voice more assertive? Did you stand up taller?

Example: I looked more people in the eye

SELF-AWARENESS TIP:

If you are in a situation where you want to feel more confident, focus on proactively making these small body language changes first. The feeling of confidence will follow.

- What actions did you take when you were feeling confident?

Example: I answered a question in my next lecture because I felt my opinions were valid

SELF-AWARENESS TIP:

Fake it until you make it! Next time you are in a similar situation but don't feel as confident, push yourself outside of your comfort zone to take a similar action. The more you push yourself to do this the easier it gets.