Self Confidence Worksheet

How to use this tool: By filling out the information below, you will become aware of what is causing you to experience pessimism or self-doubt in your abilities. You will be able to discover ways to become a more confident parent right away!

Please print off a copy of this page for each situation that you face.

Step 1: What is causing me to doubt my abilities:

1. ______________________________________________________________________

Step 2:

Part A:
Five situations I thought I would fail at but actually succeeded at them.

1. ______________________________________________________________________
2. ______________________________________________________________________
3. ______________________________________________________________________
4. ______________________________________________________________________
5. ______________________________________________________________________
Part B:
The five attributes I exhibited about myself that caused me to succeed in the first situation are:

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________

The five attributes I exhibited about myself that caused me to succeed in the second situation are:

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________

The five attributes I exhibited about myself that caused me to succeed in the third situation are:

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________
The five attributes I exhibited about myself that caused me to succeed in the fourth situation are:

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________

The five attributes I exhibited about myself that caused me to succeed in the fifth situation are:

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________

**Step 3:** I am going to apply the following attributes and behaviors, which allowed me to succeed in the past, to my current situation.

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________