

Introduction (5 minutes)

Welcome to the Reflecting on Achievements and Building Confidence worksheet! This worksheet is designed to help you reflect on your achievements and build confidence in a fun and interactive way. Throughout this worksheet, you will learn about the importance of self-reflection, how to build confidence, and how to overcome obstacles.

Understanding Confidence (10 minutes)

Confidence is the feeling of self-assurance and faith in one's abilities. It's essential to have confidence to achieve our goals and overcome challenges. Take a few minutes to think about what confidence means to you.

1. What does confidence mean to you?

2. Can you think of a time when you felt confident?

3. What did you do to feel confident?

Reflecting on Achievements (15 minutes)

Reflecting on our achievements is an essential part of building confidence. Take a few minutes to think about your achievements.

1. What are some things you're proud of accomplishing?

2. What did you do to achieve these things?

3. How did you feel when you achieved these things?

Building Confidence (15 minutes)

Building confidence takes time and practice. Here are some tips to help you build confidence:

- Practice positive self-talk
- Set realistic goals
- Take risks and try new things
- Focus on your strengths

Overcoming Obstacles (15 minutes)

Overcoming obstacles is an essential part of building confidence. Here are some tips to help you overcome obstacles:

- Break down big goals into smaller steps
- Focus on the present moment
- Practice self-compassion
- Seek support from others

Celebrating Successes (10 minutes)

Celebrating our successes is an essential part of building confidence. Take a few minutes to think about your successes.

1. What are some things you're proud of accomplishing?

2. How did you celebrate these successes?

3. What can you do to celebrate your successes in the future?

Conclusion (5 minutes)

Congratulations on completing the Reflecting on Achievements and Building Confidence worksheet! Remember that building confidence takes time and practice. Keep practicing, and you'll see improvement over time.

Activities (20 minutes)

Choose one of the following activities:

1. Create a vision board to represent your goals and aspirations.
2. Write a journal entry about a time when you felt confident.
3. Draw a picture that represents your strengths and weaknesses.

[Space for creative work]

Quiz (10 minutes)

Answer the following questions:

1. What is confidence?
 - a) The feeling of self-doubt
 - b) The feeling of self-assurance
 - c) The feeling of fear
 - d) The feeling of anxiety

2. What is one way to build confidence?
 - a) Practicing negative self-talk
 - b) Setting unrealistic goals
 - c) Practicing positive self-talk
 - d) Focusing on weaknesses

Certificate of Completion

Congratulations on completing the Reflecting on Achievements and Building Confidence worksheet! You've taken the first step towards building confidence and achieving your goals. Keep practicing, and you'll see improvement over time.

I, [Name], have completed the Reflecting on Achievements and Building Confidence worksheet and am committed to building my confidence and achieving my goals.

Signature: _____

Date: _____

