



Springfield Advisory

Together towards better mental health and well-being

Wellbeing Action Worksheet

Confidence and Self Belief

Building confidence through everyday experiences

Why this matters

Confidence is not about having all the answers or always feeling sure of yourself.

It grows through experience. Trying something new, speaking up, overcoming a challenge or simply doing something that feels uncomfortable can all help strengthen self-belief.

Often, we are more capable than we give ourselves credit for.

Building confidence starts with recognising what you have already achieved and learning to treat yourself with the same encouragement you would offer someone else.

A quick check in

Take a moment to reflect honestly. Circle one for each statement

I feel confident trying new things

1 2 3 4 5

I feel comfortable being myself around others

1 2 3 4 5

I believe in my ability to handle challenges

1 2 3 4 5

These answers can change over time. That is part of growing.

Confidence you have already built

Confidence is often easier to recognise when we look back.
Write down three things you have done recently that took courage.
They do not have to be big.

1.

2.

3.

This might include:

- Starting something new
- Speaking to someone you did not know
- Asking for help
- Sharing an idea
- Dealing with a difficult situation

Everyday confidence and wellbeing

The 5 Ways to Wellbeing

You may already be strengthening your confidence through these five areas.
Tick what applies to you.

Connect

- ☐ Spending time with people who make me feel valued
- ☐ Talking to someone I trust
- ☐ Feeling comfortable being myself around others

Take Notice

- ☐ Recognising my achievements
- ☐ Focusing on progress, not perfection
- ☐ Noticing when I am being too hard on myself

Give

- ☐ Encouraging others
- ☐ Offering support
- ☐ Helping another person feel valued

Be Active

- ☐ Doing something that improves my energy
- ☐ Making time to look after myself
- ☐ Taking action rather than putting something off

Keep Learning

- ☐ Learning new skills
- ☐ Trying something different
- ☐ Realising you can do more than you thought

Circle the one that helps your confidence the most right now.

The encouragement effect

The people around us can have a powerful influence on how we feel about ourselves.
Think about a time when someone made you feel more confident.

Something another person has done that boosted my confidence is:

One way I can help someone else feel more confident is:

Confidence can be contagious. A few encouraging words can make a bigger difference than we realise.

When confidence dips

Everyone has moments of self doubt. This does not mean you are going backwards. Use this short reflection when confidence feels low.

What is happening

What am I telling myself

What would I say to someone else in the same situation?

Write that sentence again, but say it to yourself.

Your small confidence action

Choose one small action you will take this week. Tick one or write your own:

☐

I will try something new

☐

I will do something I have been putting off

☐

I will speak kindly to myself when I make a mistake

☐

Other

☐

I will encourage someone else

Final thought

You do not need to feel completely confident before taking the next step.

Often, confidence comes afterwards.

Every time you try, learn, speak up, overcome a challenge or keep going when something feels difficult, you are building evidence that you are capable.

Confidence isn't about believing you can do everything. It's about trusting yourself enough to try.