

*Discovering  
My  
Self-  
Confidence*  
the Journal







# welcome

Welcome to “Discovering My Self-Confidence”

Hello lovely, and welcome. I'm so glad you're here.

The journal has been gently created to support you as you reconnect with your self-confidence — not the loud, performative kind, but the quiet, rooted kind that already lives within you.

Whether you're navigating change, rediscovering who you are, or simply wanting to feel more grounded in yourself, this is your space.

Inside, you'll find thoughtful prompts, reflective exercises, and meaningful moments to pause and breathe. It's not about fixing yourself because you're not broken. It's about giving yourself permission to explore, to grow, and to remember just how capable and worthy you already are.

There's no rush. No right or wrong way to do this. Just take it one page at a time, one feeling at a time.

So, grab your pen, make a cuppa, and let's begin this journey together.  
With warmth and belief in you,

Love, Amy xx



# DISCOVERING MY SELF-CONFIDENCE

## THE JOURNAL

Welcome to your Self-Confidence Journal: a powerful tool to help you explore and cultivate your self-confidence from a personal perspective. This workbook is all about you! It's a safe space for you to reflect on your thoughts, feelings, and experiences, and uncover the unique aspects of yourself that contribute to your self-confidence. Through introspective writing prompts, activities, and exercises, you will embark on a journey of self-discovery, self-acceptance, and self-growth.

So, let's dive in and unleash your self-confidence!

## ABOUT AMY

Amy White is a certified life coach with over 15 years of experience helping others build confidence and reconnect with their true selves.

As a proud mother of three and a wife, Amy brings both personal experience and professional insight to her coaching, empowering individuals to rediscover their strength and step into their full potential.

With a deep passion for mindset and self-compassion, Amy's approach is grounded in quiet strength, and this workbook is a reflection of her journey and dedication to helping others grow.

She's honoured to guide you on your path of self-discovery and transformation.



## EMBRACING MY UNIQUE QUALITIES

In this section, you'll take a moment to reflect on what makes you uniquely you.

You'll explore your personality traits, values, interests, and passions — everything that shapes your identity and contributes to your confidence. Through thought-provoking prompts and self-reflection exercises, you'll gain a deeper understanding of who you are and discover how to embrace your individuality as a powerful, unwavering source of confidence.

By the end of this section, my hope is that you'll not only feel empowered but also walk away with strategies to nurture and strengthen your confidence moving forward.

**Start by thinking about the three personality traits you value most about yourself. How do these traits enhance your confidence and help you show up as the best version of yourself?**

Begin ..





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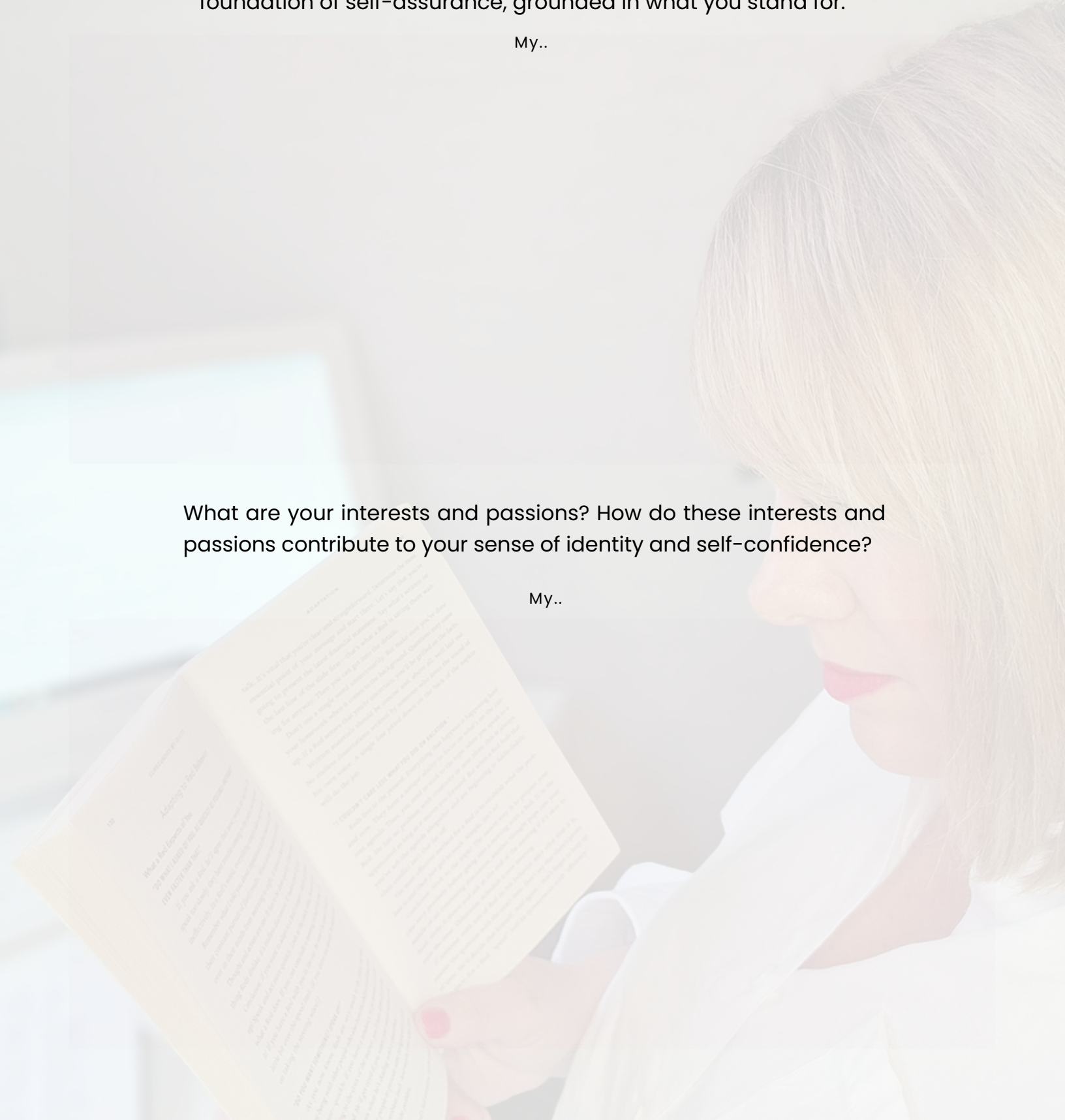
Your values and beliefs. How do they shape your sense of self and contribute to your confidence?

Understanding what truly matters to you will help you build a solid foundation of self-assurance, grounded in what you stand for.

My..

What are your interests and passions? How do these interests and passions contribute to your sense of identity and self-confidence?

My..





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Think about a time when someone gave you a genuine compliment or praise. How did that make you feel?

Imagine yourself as your own best friend. What positive qualities or characteristics would you celebrate and appreciate about yourself?



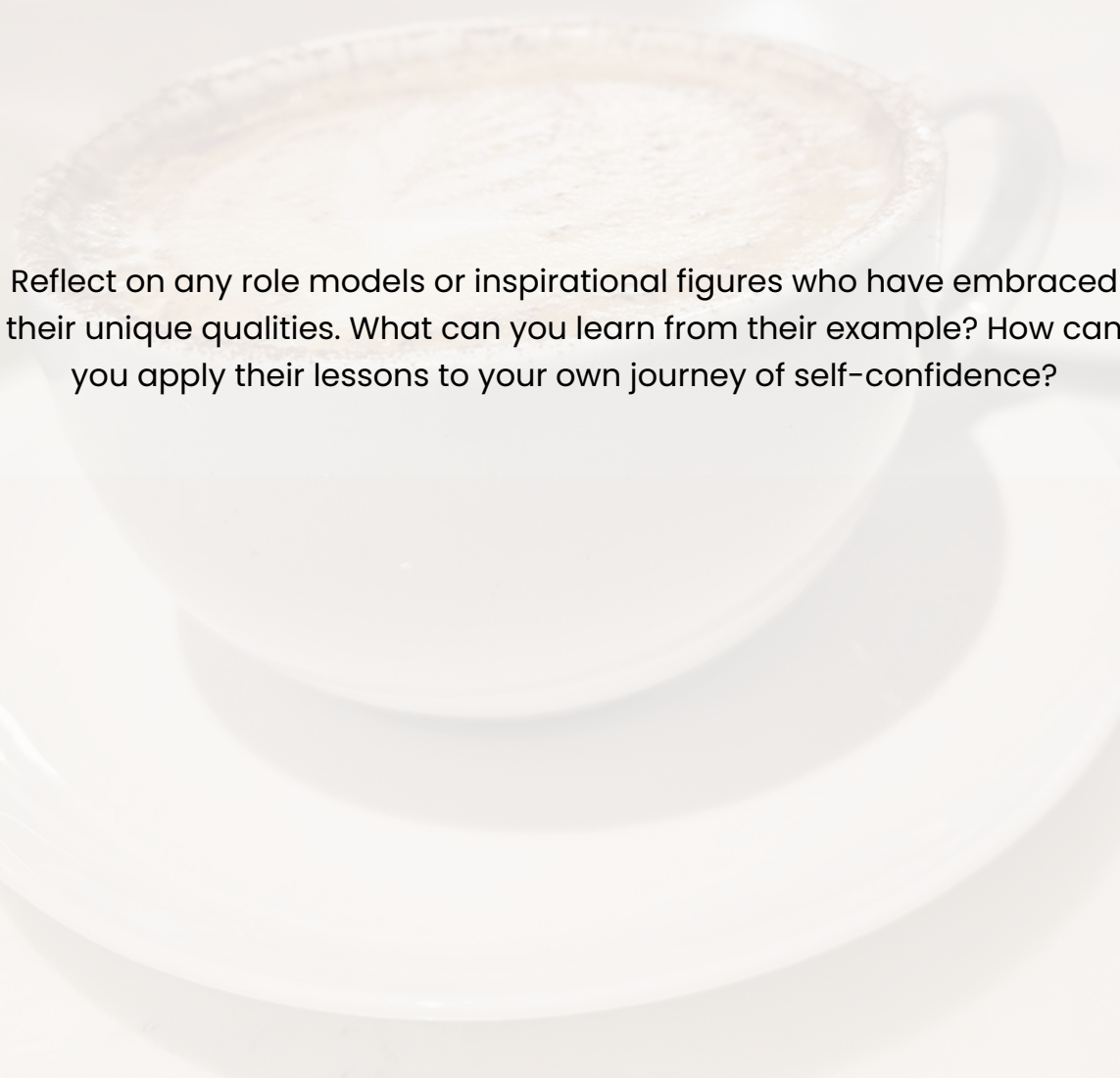
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Reflect on any feedback or criticism you've received about your unique qualities. How did you internalise or respond to this feedback? Consider how you can approach feedback with an open mind, allowing it to guide your growth without compromising your authenticity.

Remember, embracing feedback doesn't mean changing who you are — it's about learning, evolving, and staying true to your values while continuing to grow.



Reflect on any role models or inspirational figures who have embraced their unique qualities. What can you learn from their example? How can you apply their lessons to your own journey of self-confidence?



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Take a moment to write a letter to yourself, filled with appreciation for the unique qualities that make you who you are. Reflect on how these qualities contribute to your self-confidence and the strength you carry within. What words of encouragement or affirmations would you offer yourself, knowing that you are worthy of love, growth, and belief?





## REFLECTING ON MY ACCOMPLISHMENTS

Take a quiet moment to think about an accomplishment that fills you with pride.

What did you achieve, and why was it important to you? How did it make you feel?

As you reflect, gently notice the skills, strengths, and qualities you used or grew during that journey. Celebrate the beautiful progress you made and the person you are becoming.



## SETTING AND ACHIEVING GOALS

Reflect on a goal that you have set and achieved in the past. What was the goal, and why was it important to you? Describe the steps you took to achieve it, any challenges you faced, and how you ultimately succeeded. What did you learn from this experience that you can apply to future goal-setting?





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## EMBRACING SELF-CONFIDENCE IN DIFFERENT AREAS OF MY LIFE

Think about a part of your life where you'd like to feel more confident. It might be your career, relationships, hobbies, health, or personal growth. Describe why this area matters to you and how growing your self-confidence could make a difference. What are some practical steps you can take to build your confidence in this area?

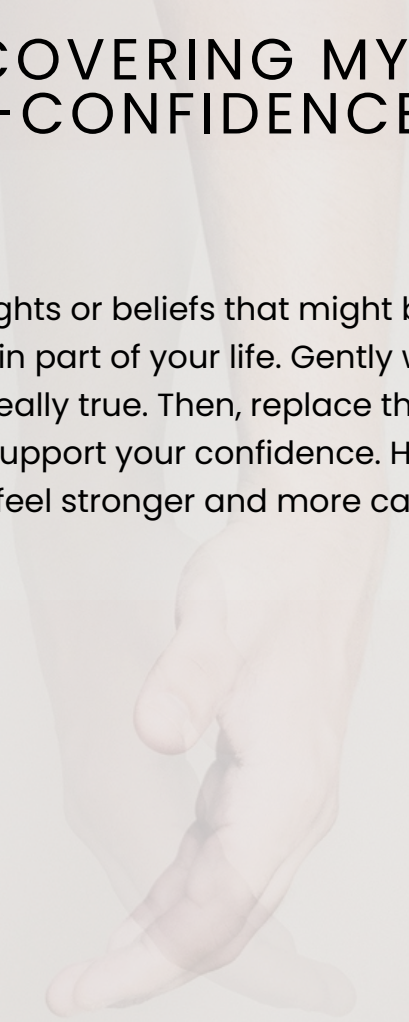


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Notice any negative thoughts or beliefs that might be holding you back from feeling confident in a certain part of your life. Gently write about these thoughts and ask yourself if they're really true. Then, replace them with kind, empowering beliefs that lift you up and support your confidence. How does changing the way you think help you feel stronger and more capable in this area?





Write about a specific action or step that you can take to boost your self-confidence in a particular area of your life. It could be trying something new, setting a challenging goal, or taking a small, consistent action towards your desired outcome. Describe the action, why it is important to you, and how you plan to take it. Reflect on the potential impact it could have on your self-confidence in that area.





## DISCOVER YOUR STRENGTHS

What are the strengths you've realised  
you can't live without? Why?

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In your current life, how are you utilising  
your strengths?

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What are some of your proudest  
strengths? Why?

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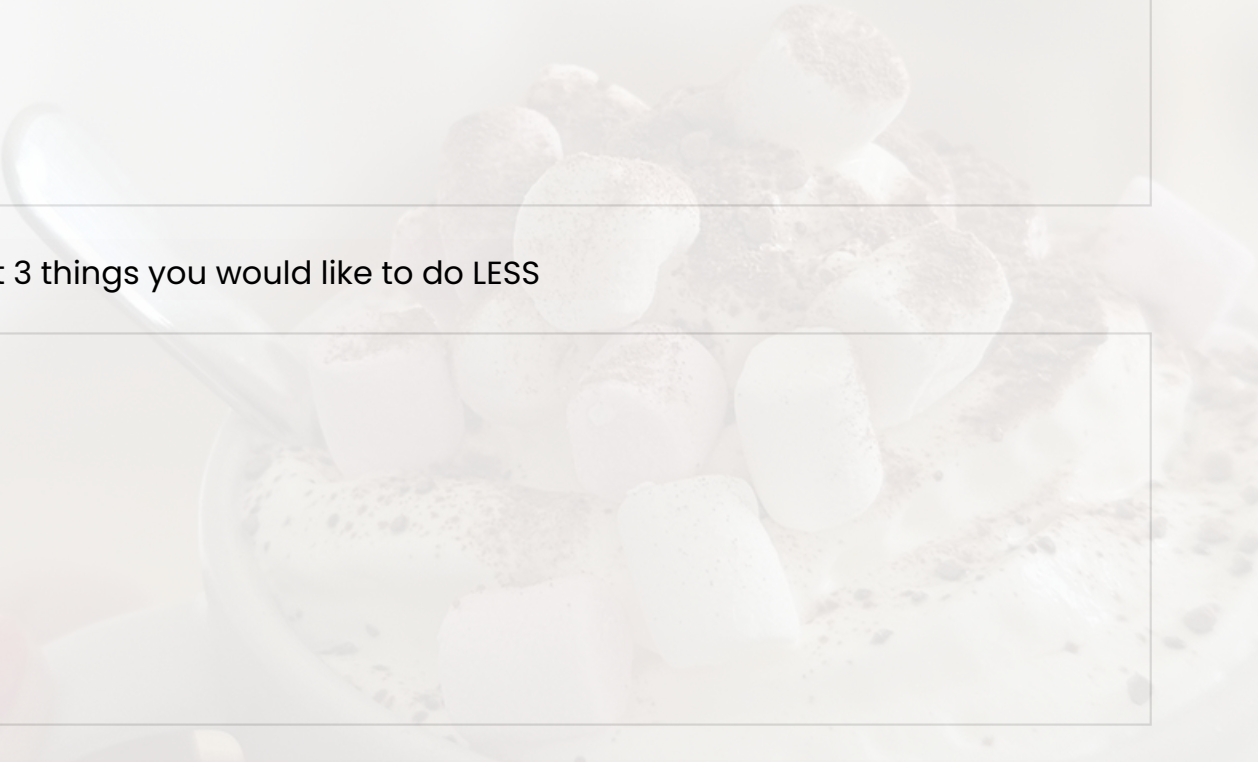
What strengths have you combined to  
accomplish something?

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## DO MORE OF WHAT YOU LOVE

List 3 things you would love to do MORE



List 3 things you would like to do LESS

Which of your strengths support you the most in doing what you love?



## SELF-CONFIDENCE CHALLENGE

- 1 Smile at a stranger
- 2 Do a workout you enjoy.
- 3 List five things you love about yourself.
- 4 Dance to your favourite song.
- 5 Give someone a compliment.
- 6 Put on your favourite outfit.
- 7 Declutter five items.
- 8 Try something new with your hair.
- 9 Say this affirmation three times "I am powerful and confident!"
- 10 Don't talk negatively about other people for the entire day.
- 11 Get at least eight hours of sleep.
- 12 Learn something new.
- 13 Do a little self-care.
- 14 Do a social media detox.
- 15 List three things you've accomplished.
- 16 Reach out to an old friend.
- 17 Practice a power pose.
- 18 Buy yourself a gift.
- 19 Do something you've never done before.
- 20 Set a goal, create an action plan, and accomplish one task today.
- 21 Prepare your favourite meal.
- 22 Stretch
- 23 Write down five things that you're grateful for.
- 24 Do something you loved to do as a child.
- 25 Go to the movies or a restaurant by yourself.
- 26 Create a vision board.
- 27 Unfollow all social media accounts that make you feel less than amazing about yourself.
- 28 Implement a new healthy habit.
- 29 Say no to something.
- 30 Talk to a stranger.



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## STRENGTHEN YOUR INNER CONFIDENCE

I like myself because ...

I am loved by ...

Why they love me?



## STRENGTHEN YOUR INNER CONFIDENCE

I'M GREAT AT...

I CONSIDER MYSELF PRETTY GOOD AT....

MY BEST CHARACTER TRAIT IS...

I HAVE A NATURAL TALENT FOR...

I FEEL GOOD WHEN I...

I'VE BEEN SUCCESSFUL AT...

I AM CONFIDENT IN REACHING MY GOALS BECAUSE I AM...



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## STRENGTHEN YOUR INNER CONFIDENCE

PEOPLE COMPLIMENT ME ABOUT...

MY FRIENDS WOULD SAY I HAVE A GREAT...

I'VE BEEN TOLD I HAVE...



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## SELF-ESTEEM

TODAY, I ACCOMPLISHED...

TODAY, I HAD FUN WHEN...

SOMETHING I DID WELL TODAY...

I FELT PROUD WHEN...

TODAY WAS INTERESTING BECAUSE...

I FELT GOOD ABOUT MYSELF WHEN...

I AM CONFIDENT IN REACHING MY GOALS BECAUSE I AM...

SOMETHING I DID FOR SOMEONE...

I HAVE A POSITIVE EXPERIENCE WITH (PERSON)...

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## COMPLIMENT JAR

EMPOWERING SELF-AFFIRMATIONS: CULTIVATING A HABIT OF  
SELF-KINDNESS THROUGH COMPLIMENTS TO YOURSELF





## REFLECTION

DATE: \_\_\_\_\_

### OBSTACLES THAT IMPACT MY CONFIDENCE

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### STRATEGIES TO OVERCOME THE OBSTACLES TO BUILD CONFIDENCE

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### MY COURSE OF ACTION

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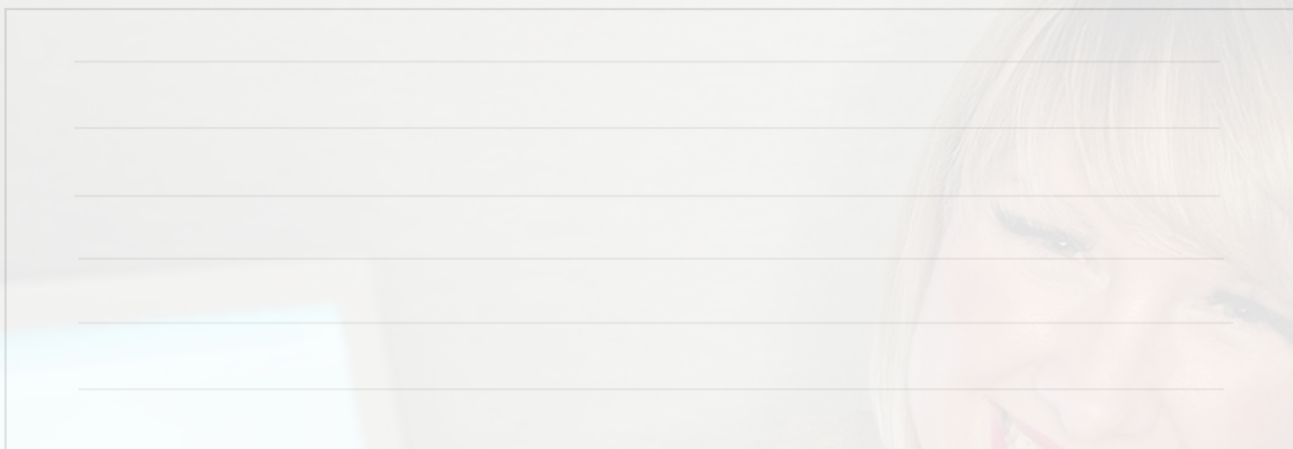
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## HAPPINESS

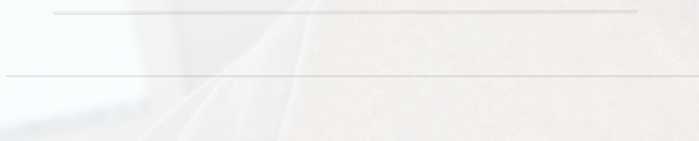
DATE: \_\_\_\_\_

THINGS THAT MADE ME HAPPY AND HOW OFTEN I DO THEM :



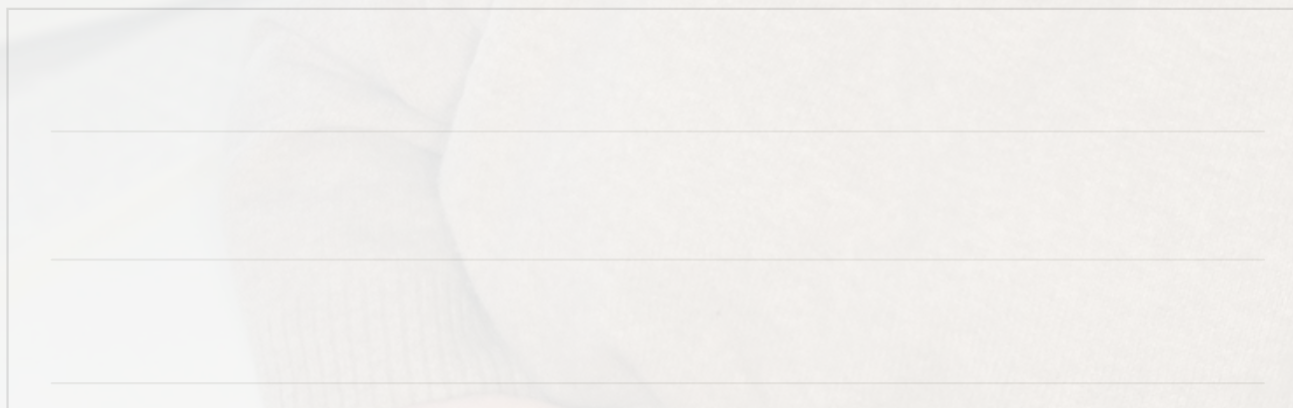
A large rectangular box with horizontal lines for writing, intended for listing things that made the user happy and how often they do them.

MY TOP THREE PLAYLIST SONGS :



Three horizontal lines for writing, intended for listing the top three playlist songs.

TOP THREE SELF-CONFIDENCE QUOTES THAT RESONATE WITH ME



A large rectangular box with horizontal lines for writing, intended for listing the top three self-confidence quotes that resonate with the user.

2 THINGS TO BE HAPPY ABOUT TODAY



Four horizontal lines for writing, intended for listing two things to be happy about today.



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## MONTHLY PLANNER

MONTH OF: \_\_\_\_\_

SMALL THINGS I CAN DO EACH DAY TO HELP BUILD MY CONFIDENCE

SUN

MON


TUE

WED

THU

FRI

SAT

DATE: \_\_\_\_\_

## MORNING ROUTINE

## EVENING ROUTINE



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MINDFULNESS JOURNAL

HOW I'M FEELING TODAY:

ONE GOAL FOR TODAY:

I'M PROUD OF MYSELF FOR:



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## GRATITUDE JOURNAL

TODAY I'M GRATEFUL FOR

PEOPLE I'M GRATEFUL FOR

ONE LESSON I LEARNED






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## HABIT TRACKER

MONTH OF : \_\_\_\_\_

HABIT: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL: \_\_\_\_\_

DONE: \_\_\_\_\_

REWARD: \_\_\_\_\_

HABIT: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL: \_\_\_\_\_

DONE: \_\_\_\_\_

REWARD: \_\_\_\_\_

HABIT: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
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GOAL: \_\_\_\_\_

DONE: \_\_\_\_\_

REWARD: \_\_\_\_\_

HABIT: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11
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GOAL: \_\_\_\_\_

DONE: \_\_\_\_\_

REWARD: \_\_\_\_\_

HABIT: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

GOAL: \_\_\_\_\_

DONE: \_\_\_\_\_

REWARD: \_\_\_\_\_

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MONTH OF : \_\_\_\_\_

## MOOD TRACKER



AMAZING

TIRED

STRESSED

DEPRESSED

AVERAGE

SICK

SAD

EXHAUSTED

RELAXED

HAPPY

ANGRY

PRODUCTIVE



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## ALL-TIME FAVORITES

### BOOKS

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### FOODS

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### PODCASTS

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### FILMS

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## BUCKET LIST

DATE : \_\_\_\_\_

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## FINAL REFLECTION

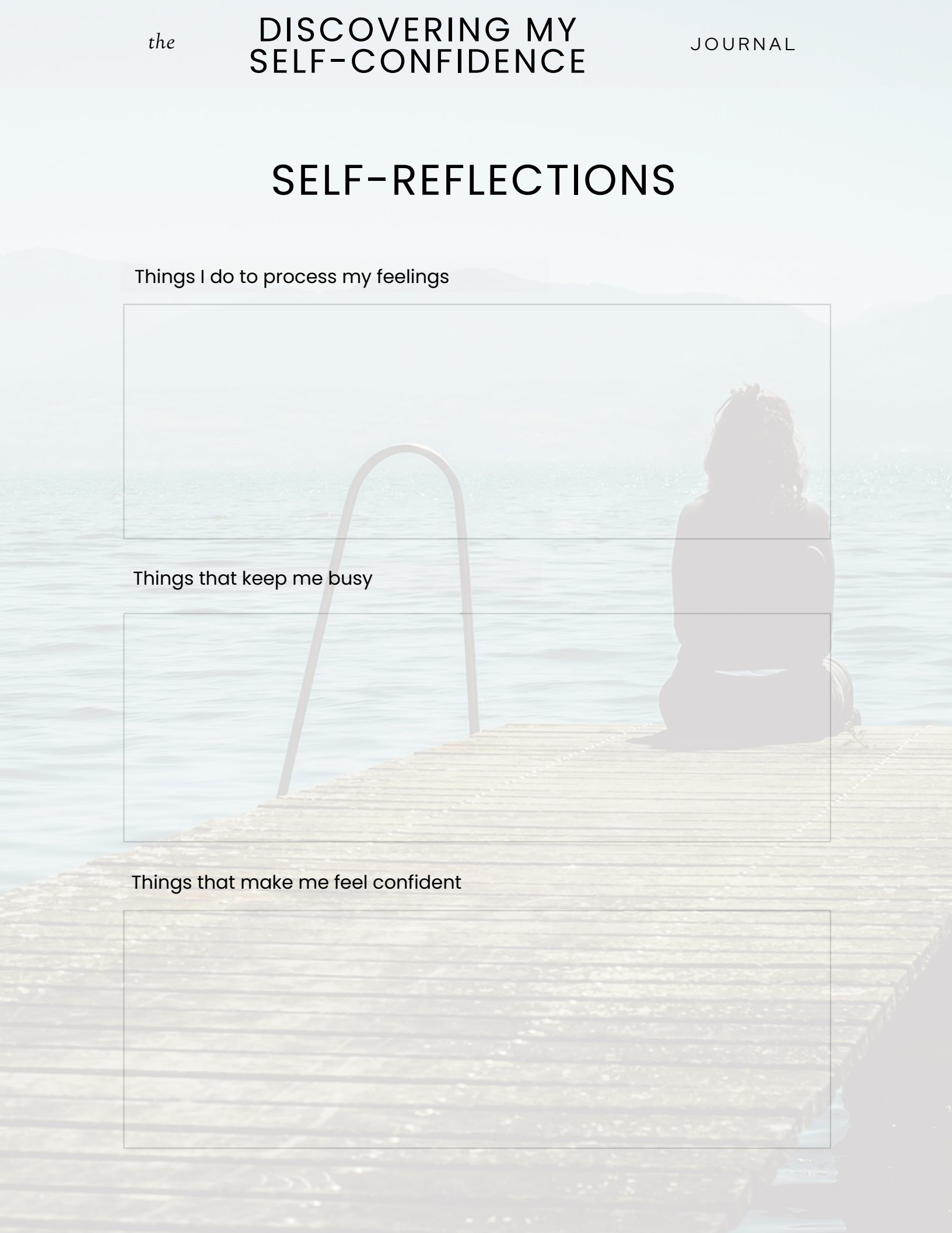
DATE : \_\_\_\_\_

HOW DID I FEEL ON THE FIRST DAY OF THIS JOURNAL ?

HOW I AM FEELING NOW COMPARED TO DAY 1 ?

## SELF-REFLECTIONS

Things I do to process my feelings

A person with long hair is sitting on a wooden dock, looking out at a calm body of water. In the background, there are mountains under a clear sky. A metal archway is visible on the dock. The scene is peaceful and contemplative.

Things that keep me busy

A person with long hair is sitting on a wooden dock, looking out at a calm body of water. In the background, there are mountains under a clear sky. A metal archway is visible on the dock. The scene is peaceful and contemplative.

Things that make me feel confident

A person with long hair is sitting on a wooden dock, looking out at a calm body of water. In the background, there are mountains under a clear sky. A metal archway is visible on the dock. The scene is peaceful and contemplative.



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## REFLECTION

DATE : \_\_\_\_\_

LOVE LETTER TO MYSELF



A large rectangular box with horizontal lines for writing a love letter to oneself. The box is outlined in a thin grey border and contains approximately 25 horizontal lines. The background of the entire page is a soft-focus image of two hands clasped together, one wearing a white smartwatch and a ring.

the

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## JOURNALING PAGE



A background image of a hand with dark nail polish and a silver ring, holding a pen, with horizontal lines for journaling.















# Ready TO TAKE YOUR SELF- CONFIDENCE EVEN DEEPER?



You've done something powerful – you've shown up for yourself through the pages of this journal. If you're feeling the stirrings of change, a quiet pull to keep going, you don't have to do it alone.

At Amy White Coaching, I offer a range of gentle, empowering support packages – created with care for women just like you. Whether you're just beginning to explore who you are again, ready to fully rise into your confidence, or simply need a space to be held and heard, there's a pathway for you here.

🌱 ROOTS – Find your footing through grounding support

🌿 GROW – Reclaim your confidence and self-trust

🌸 RISE – Step into lasting personal transformation

🌺 THRIVE – Stay connected with monthly mentorship

🌟 SOUL SESSION – A single space for clarity and reconnection

Each package is designed with compassion, flexibility, and depth – because confidence isn't built overnight, it's nurtured over time.

If something within you is ready for more, I'm here. Let's walk the next part of your journey together.