

Self-confidence workbook

How to build your confidence, experience genuine self-belief, and be more compassionate with yourself over time.



Quick exercises for those "everyone else has it figured out" moments.

More in-depth processes and prompts to use over time, from a variety of different angles.

A holistic approach - incorporating cognitive, emotional, embodied and mindful perspective.

Great to work through on your own, even better with a friend, mentor or coach.

How a lack of confidence shows up

- Feeling like an imposter, not certain of your skills or capability
- Thinking you're a fake (and nobody else is)
- Fear about the future - 'what-if' scenarios
- Not noticing, or fully internalising, your own achievements
- Taking for granted what you're good at - "that's easy, everyone can do that"
- Comparing yourself to what people are sharing publicly about themselves (and forgetting that's not the whole story).



Developing a new perspective: how this toolkit approaches confidence-building

- Building a mindful, embodied approach when you hit a wall with your self-confidence.
- Creating more awareness and compassion around the thoughts and assumptions that impact your confidence.
- Practicing self-reflection and reframing your narratives about yourself, your strengths, and your opinions about your life.
- Aiming to change your perspective to build confidence, rather than changing yourself.

The confidence toolkit

If you run into an issue with your self-confidence, there are lots of resources here that you can use. Some of them work best when you hit up against a specific issue, others are useful for more general confidence building.

page 4. Identification

Identify a specific trigger that's sent you into a low-confidence spiral. Work with it to reframe and pause the spiral.

page 5. Emotional and somatic check-in

Work with emotions and somatic sensations, labelling and diffusing when confidence issues are taking you off course.

pages 6-8. Make sense of your thoughts

Identify the thought patterns that are influencing your self-confidence. Understand cognitive distortions and work to reframe.

page 9. Clarify assumptions

This one's for when you're working towards a specific goal. Figure out how assumptions can impact your progress, and try on some new ones...

page 10. Confidence journalling practice

Create a confidence journalling practice, with some prompts to get you started. Consider your life experience and value from a different perspective.

page 11. Ask 5 people

Take a risk, and ask for some other peoples' opinions on you! Sounds scary, but can be deeply validating and enlightening.

page 11. Achievements timeline

Create a timeline of your achievements, one that's not focused on the conventional, external achievements. Something more quiet and personal that feels GOOD.

p12. Confidence SWOT

Love a matrix? Let's reclaim this classic business planning tool, and apply its 4 quadrants as a way to positively reflect on your self-confidence.

Identifying a specific trigger

Where are you lacking confidence right now?

How is it impacting you?

What situation/conversation/task is triggering the lack of confidence?

Is the issue or situation happening right now or is it hypothetical (e.g. a future fear)?

What are you thinking or believing about yourself in this situation?

What are your fears in this situation?

Emotional and somatic check-in

What is your emotional state right now? Sometimes it's hard to be specific, see below for some ideas.

What sensations do you feel in your body? Again see below for ideas that are neutral rather than containing judgements about what you feel.

Emotions

Fear	Amazement
Anger	Surprise
Sadness	Distraction
Shame	Disapproval
Anticipation	Pensiveness
Admiration	Serenity
Grief	Pessimism
Curiosity	Interest
Amazement	Frustration
Rage	Vigilance

Sensations

Tightness	Moving up
Heat	Moving down
Pressure	Lightness
Chill	Vibrating
Tingling	Wobbly
Movement	Tense
Spinning	Quick
Heaviness	Slow
Dullness	Still
Energy	Spacious

What might the emotion or sensations be telling you about your situation? Can you 'give it voice' with some free writing (where you just write a stream of consciousness without being reasonable or needing to make sense - let yourself be surprised).

What would help you move or express the emotion or sensations? Ideas: have a rant to a friend, let yourself cry, dance or shake, go for a run... or if you'd rather calm things down: have a bath, do a breath meditation, go for a walk in nature.

Make sense of your thoughts (1)

A **'thought distortion'** is an unhelpful way of thinking. This list of top thought distortions comes from cognitive behavioural therapy, and was developed by David Burns, MD.

Use this to understand that your lack of confidence may not correspond with objective reality. This doesn't de-value what you are feeling, which is why I suggest engaging with the body and emotions before the thought patterns.

So don't use this list to beat yourself up, but to comfort yourself and put things in perspective!

1. **All-or-nothing thinking** - You see things in black-or-white categories. If a situation falls short of perfect, you see it as a total failure.
2. **Overgeneralisation** - You see a single negative event, such as a romantic rejection or a career reversal, as a never-ending pattern of defeat by using words such as "always" or "never" when you think about it.
3. **Mental filter** - You pick out a single negative detail and dwell on it exclusively, so that your vision of reality becomes darkened, like the drop of ink that discolours a beaker of water.
4. **Discounting the positive** - You reject positive experiences by insisting that they "don't count." If you do a good job, you may tell yourself that it wasn't good enough or that anyone could have done as well.
5. **Jumping to conclusions** - You interpret things negatively when there are no facts to support your conclusion.
 - a. Mind reading: Without checking it out, you arbitrarily conclude that someone is reacting negatively to you.
 - b. Fortune-telling: You predict that things will turn out badly.

Make sense of your thoughts (2)

6. **Magnification** - You exaggerate the importance of your problems and shortcomings, or you minimise the importance of your desirable qualities.
7. **Emotional reasoning** - You assume that your negative emotions necessarily reflect the way things really are.
8. **“Should” statements** - You tell yourself that things should be the way you hoped or expected them to be.
9. **Labelling** - An extreme form of all-or-nothing thinking. Instead of saying “I made a mistake,” you attach a negative label to yourself: “I’m a loser.”
10. **Personalisation** - Comes when you hold yourself personally responsible for an event that isn’t entirely under your control.



Thoughts worksheet

Use this worksheet to identify some of your thinking patterns. It's actually a big step to just notice you're having certain thoughts. This in itself creates some distance between you and your thoughts, and you can emphasise this by prefacing a thought with 'I'm having the thought that'.

If it feels useful to also 'reframe' some of your thoughts, here are some questions to support you with that. Use the cognitive distortions list to consider how some thoughts that impact your confidence could be less 'true' than they seem in the moment.

Note that working with reframing and cognitive distortions isn't right for everyone all the time. If you feel like it's counterproductive, or kind of like you're gaslighting yourself, then don't use it. There's nothing wrong with that, trust yourself. In this case, just notice the thoughts and let them be there.

List out some thoughts you're having. You can include thoughts about yourself, about other people, about a situation or a something that could happen. E.g. 'I'm not good enough', 'What if I fail at this', 'They shouldn't do that thing'.

Try out prefacing a thought with 'I'm having the thought that...'

What cognitive distortions could be at play with a thought that you've identified?

How does this thought impact you emotionally, or impact your confidence?

Is this thought based on a fact, or on an opinion or belief?

Assumptions: Working with a goal

An assumption is something that we are accepting to be true without question or proof. And it's often these assumptions that result in a lack of confidence. A few common assumptions (which are also 'thought distortions') are:

- I should just know how to do it
- I should do it all on my own
- I should be as good as 'xxx' (who might have been doing it for 10 years)

What is a goal you have that you're getting stuck on because of confidence issues?

What might you be assuming that is stopping you from achieving your goal?

Which of these assumptions is limiting you the most?

Is it objectively true?

What would be some more useful, freeing assumptions?

If some of these more useful assumptions were true (just imagine!), what ideas or actions do you have that could move you towards your goal?

This work on assumptions comes from Nancy Kline. Check her out for more!

Confidence journaling practice

Keep a confidence journal to build and maintain your sense of confidence over time. It can feel hard to notice good things about yourself, but start small - it's worth overcoming the cringe. You can use the journal prompts below, but feel free to use your own journal and add images, colour and anything else that will help keep your spirits up!

What's unique about you? What are your strengths?

What details about your life have set you apart from others?

What obstacles or challenges have you faced and overcome?

What are the reasons you've taken the path you've taken?

What 3 tiny things could you stop doing to positively impact your confidence?

What 3 tiny things could you start doing that would positively impact your confidence?

Dare you! Ask 5 people...

Think of 5 people you trust to be honest with you, and ask them to respond to these 5 questions about you. Yes, it's a brave thing to do, but it's really great to hear the answers and see the similarities and differences between them. I dare you!

1. What one word or phrase describes me best?
2. What do you think is my greatest achievement?
3. What do you value most about me?
4. What one thing could I change for my own benefit?
5. What do you believe to be my greatest strength?

Your achievements timeline

Create a timeline of achievements that spans the course of your career (or your business, or your whole life if you like!). This is specifically NOT all about big, outward achievements.

It can be things that other people wouldn't have even struggled with, things you overcame internally, things that don't seem like a big deal or aren't conventionally thought of as achievements.

Don't use this as a place to berate yourself or compare - think outside the box! You can even make a piece of art out of this - collage with pictures, text and colours to make a visual reminder to keep to hand.

The confidence SWOT

SWOT stands for strengths, weaknesses, opportunities and threats. You may have used this tool before as a part of a planning exercise. Applying it specifically as a way to gain perspective and build confidence can be really helpful. Fill out each quadrant with a focus on your self-confidence. A note on strengths - these are personal qualities rather than external skills (e.g. curiosity, learning, kindness).

Your strengths and values: what qualities do you have access to and what do you value?	'Weaknesses': what are your areas for improvement and are you being compassionate and kind to yourself about them?
What opportunities are there in your life right now, particularly opportunities that will help you build up your confidence?	What threats are you perceiving? Are they realistic and what support do you need to diffuse them?

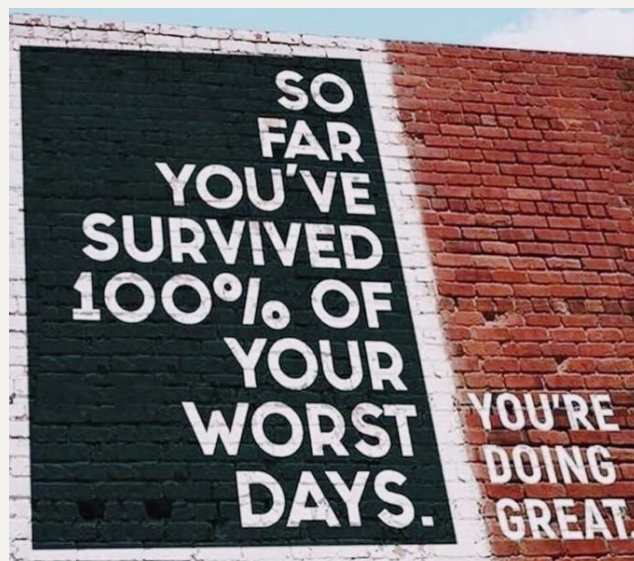
And even if you don't change a thing... time and experience will do their job

Learning from mistakes (and realising your world didn't collapse when you got something wrong) is key.

Everyone doubts their capabilities, and it's ok if you feel anxious at times, especially if you're doing something new.

Feeling self-doubt can actually be pretty healthy (it means you're not sitting in arrogance and you're probs not a sociopath).

Learning to accept yourself exactly where you're at right now is better for your confidence than trying to improve and perfect yourself.



Thank you

I'm Christina Macnamara, a coach who works with neurodivergent and highly sensitive people to help them navigate life and work with more confidence, clarity, and ease. My approach blends deep coaching with practical strategies, helping you work with your natural strengths rather than against them.

How I can help

I offer 1:1 coaching to support you in:

- Making decisions with more confidence and less overthinking
- Managing energy, focus, and motivation in a way that actually works for you
- Breaking free from self-doubt, perfectionism, and overwhelm

If you're ready to create more ease, self-trust, and momentum in your life or business, I'd love to connect.

Considering working with me?
Want to meet and see if it's a
good fit?

We can have a 30-minute,
no-pressure conversation to see if
it's the right next step.

[Book a call](#)



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