



DOERS Self-Confidence

1

Say out loud
and repeat
during the day:
I AM CAPABLE
AND STRONG

2

Meditate
for
15 minutes

3

Making a
gratitude board
about yourself

4

Journal about
what you are
most proud of
yourself

5

Call a friend that
you have not
talked to in a
long time

6

Write down 3
things you are
grateful for
today

7

Go for a
20 min walk

8

Remind
yourself of your
unique skills &
talent

9

Make a list of
what you
accomplished
today and
celebrate

10

Take 10 min
in silence to
reflect on your
feelings

11

Take a break
and do
something fun

12

Visualize
yourself being
confident

13

Take a break
from Social
Media

14

Challenge
yourself to do
something out
of your comfort
zone.

15

Do the
DOERS
RESET

16

Writing a
gratitude letter
to yourself

I BELIEVE IN MYSELF!

