

VISUAL JOURNAL

BUILDING SELF-CONFIDENCE



Confidence takes time and practice to develop. Use this worksheet to reflect on your strengths and what makes you unique! Be creative! Write words, draw pictures, make a collage, or just save this worksheet to look back on.

What are your favorite things about yourself?

I am strong!



My eyes!



What do you enjoy most?

playing soccer

cooking healthy snacks



walking my dog!

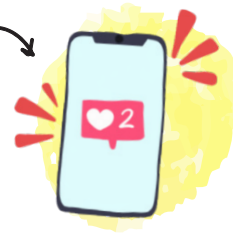


What are some ways that you cope (both good and not so good)?



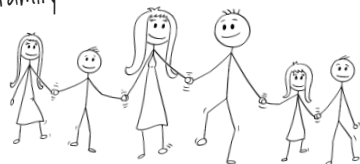
yoga!!

scrolling on social media...



What is most important to you?

family



What makes you laugh?



memes!



What makes you feel confident?

starting my day with positive affirmations!

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What are your favorite things about yourself?



MY SENSE OF HUMOR

I AM OUTGOING

What do you enjoy most?



PLAYING BASEBALL

CAMPING

PLAYING VIDEO GAMES



HANGING OUT WITH FRIENDS

What are some ways that you cope (both good and not so good)?

GO ON A RUN OR HIKE

READ A BOOK

SOMETIMES I ZONE OUT OR TAKE REALLY LONG NAPS



What is most important to you?

FRIENDS AND FAMILY

MAKING GOOD GRADES

MY HEALTH



What makes you laugh?

FUNNY VIDEOS

MEMES



MY FRIENDS

What makes you feel confident?

LISTENING TO MY FAVORITE PLAYLIST



ACCOMPLISHING SOMETHING, LIKE FINISHING A HIKE OR WINNING A BASEBALL GAME