

CONFIDENCE CHALLENGE!

Week Five Worksheet

WHAT SITUATIONS OR PEOPLE MAKE ME FEEL UNCOMFORTABLE AND VULNERABLE?
WHY DOES FACING THE UNKNOWN SCARE ME?

WHAT CAUSES OVERWHELM, STRESS, OR LOW MOODS IN MY LIFE? HOW COULD I COMBAT THESE?

WHAT DOES MY COMFORT ZONE CURRENTLY LOOK LIKE?
list things, give evidence, whatever

DO YOU TRUST YOURSELF? TRUST YOURSELF TO MAKE DECISIONS? Why, how? Why not?