

30-Day Self-Confidence Challenge

Build confidence, one day at a time



DAY 1 Write down three things you like about yourself ☐	DAY 2 Reflect on a recent moment you handled well ☐	DAY 3 Describe a time you were proud of yourself ☐	DAY 4 List three strengths you have ☐	DAY 5 Do one small thing outside your comfort zone ☐
DAY 6 Write about something you've learned recently ☐	DAY 7 Notice and challenge one negative thought about yourself ☐	DAY 8 Describe a compliment you've received and why it mattered ☐	DAY 9 List three things you're capable of ☐	DAY 10 Do something kind for yourself today ☐
DAY 11 Reflect on a challenge you've overcome ☐	DAY 12 Write about a skill you're improving ☐	DAY 13 Describe a moment you showed courage ☐	DAY 14 List five things that make you feel good ☐	DAY 15 Set one small, achievable goal for today ☐
DAY 16 Write about progress you've made in the past year ☐	DAY 17 Reflect on a mistake that helped you grow ☐	DAY 18 Describe a boundary you're proud of ☐	DAY 19 Write a short encouraging note to yourself ☐	DAY 20 List three ways you take care of yourself ☐
Day 21 Recall a time you spoke up for yourself ☐	DAY 22 Write about something that makes you feel confident ☐	DAY 23 Reflect on how you handle difficult emotions ☐	DAY 24 Describe a quality you admire in yourself ☐	DAY 25 Do one thing today that supports your goals ☐
DAY 26 List things that make you unique ☐	DAY 27 Write about a fear you're learning to face ☐	DAY 28 Reflect on how you've changed for the better ☐	DAY 29 Describe the kind of person you're becoming ☐	DAY 30 Write one reason you believe in yourself ☐