

Confidence & Self-Esteem

An Activity Guide for Clients — MannPriya Resource Library

Confidence and self-esteem aren't built in a single moment — they're built through small, repeated practices that help you see yourself more clearly and more kindly. The five activities below are designed to be done at your own pace, alone or alongside your therapy sessions.

ACTIVITY 1

15–20 minutes

The Strengths Inventory

Purpose: To build a concrete, personal record of your strengths that you can return to when self-doubt feels loud.

- 1 Take a blank sheet of paper or journal and divide it into three columns: *Skills*, *Qualities*, and *Moments I'm proud of*.
 - 2 Spend a few minutes filling each column — don't filter yourself; write anything that comes to mind, however small.
 - 3 If you get stuck, think of a compliment someone once gave you, or a time you handled something difficult well.
 - 4 Circle the three entries that feel most true to you right now.
 - 5 Keep this list somewhere visible, and add to it once a week.
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ACTIVITY 2

10 minutes daily, for 1 week

The Evidence Log

Purpose: To challenge self-critical thoughts by gathering real evidence against them.

- 1 Notice a self-critical thought as it comes up (e.g. “I'm not good at this”).
 - 2 Write the thought down exactly as it occurred to you.
 - 3 Underneath it, write one piece of real evidence that contradicts it — a time, an action, a fact.
 - 4 Rewrite the original thought in a more balanced way, based on that evidence.
 - 5 At the end of the week, read back through your log and notice any patterns.
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ACTIVITY 3

2–3 minutes daily

Mirror Affirmation Practice

Purpose: To build comfort with self-kindness and reduce harsh self-talk over time.

- 1 Stand in front of a mirror, ideally first thing in the morning.

- 2 Make eye contact with yourself and take a slow breath.
 - 3 Say one affirming statement out loud — something true and kind, not just positive (e.g. “I’m doing the best I can with what I know right now”).
 - 4 Notice any discomfort without judging it — this is normal when the practice is new.
 - 5 Repeat daily; the goal is familiarity with kindness, not instant belief.
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ACTIVITY 4

20–30 minutes

The Confidence Timeline

Purpose: To reconnect with past moments of competence and resilience that are easy to forget.

- 1 Draw a simple horizontal line across a page to represent your life so far.
 - 2 Mark 5–8 moments where you did something hard, learned something new, or felt proud of yourself.
 - 3 Next to each point, briefly note what strength or quality helped you get through it.
 - 4 Step back and look at the whole timeline as one piece — notice the throughline in how you’ve coped.
 - 5 Keep the timeline and add new moments to it as they happen.
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ACTIVITY 5

20 minutes

Values-Based Goal Setting

Purpose: To build confidence through action that is aligned with what matters to you, rather than through comparison or approval from others.

- 1 List 3–5 values that matter most to you right now (e.g. honesty, growth, connection, creativity).
- 2 For each value, write one small, realistic action you could take this week that reflects it.
- 3 Choose one action to commit to first — keep it small enough to actually complete.
- 4 After completing it, note how it felt — focus on the sense of alignment, not the outcome.
- 5 Repeat with a new action each week, building a track record of values-aligned choices.

Confidence grows the same way trust does — slowly, through evidence, and through practice. Be patient with yourself as you work through these.