



**T**ry, Nuggets  
TOUCHED BY LOVE

# Self Confidence

**FREE GUIDE & JOURNAL**



Through my own mentorship and inner work, I realized that when the same challenges kept showing up in my relationships, on the job, and with different people, it was a sign to look within. I began to understand that it wasn't just about others. I lacked confidence and didn't truly see my value, which made it hard to make choices that honored me.

Taking a break from dating to focus on myself opened the door to important personal lessons. Change didn't happen overnight. Old patterns can feel comfortable, even when they no longer help us. But once I recognized that those patterns were holding me back, things slowly began to shift.

This guide is created to support you through your own growth. It's meant to help you gain clarity, reconnect with yourself, and step into your best self. The journal gives you simple tools to begin. Staying consistent and committed will carry you forward.



*Yvonne Coleman Burney*

# SELF LOVE CHECKLIST

List possible rooms, spaces or nooks in your home to claim as yours.

One way to stay on track with your self-love is to use a daily checklist. This checklist will help you to nurture your self-love on a daily basis. Feel free to add any new ideas you might have. Plus, there may be additional things that you might want to do on a weekly basis, such as doing something that makes you like yourself more.

- List five things that fill me gratitude.
- List five things that I like about myself.
- Read on the topic of self-love or self-esteem for 15 minutes.
- Eat a healthy breakfast.
- Eat a healthy lunch.
- Eat a healthy dinner.
- Exercise for 20 minutes.
- Repeat affirmations at least twice.
- Send myself a quick self-love message.
- Make a request of someone.
- Declutter a room for 10 minutes.
- De-stress for at least 15 minutes.
- Spend time doing something I love.
- Write in journal for 10 minutes.
- Do something that needs to be done.

Use this checklist each day until you get into the habit of doing things that make you feel good about yourself throughout the day. Make extra copies if needed. Enjoy this journey and see your self-love grow!

Write what you love about yourself, own it, because there are some things.

# SELF LOVE CHECKLIST

---

---

---

---

---

---

---

---

# MINDFULNESS JOURNAL

HOW I'M FEELING TODAY:

ONE GOAL FOR TODAY:

I'M PROUD OF MYSELF FOR:

# WEEKLY REFLECTION

Things that made me happy this week

---

---

---

---

---

---

Things that were hard or stressful this week

---

---

---

---

---

How can my past experiences help me in the future

---

---

---

---

---

# DAILY REFLECTION

Good things that happened today

---

---

---

---

---

---

---

Things that were hard or stressful today

---

---

---

---

---

---

---

What can I do to make tomorrow great

---

---

---

---

---

---

---









# SELF-CONFIDENCE JOURNAL

I love about myself



---

---

---

---

---

Others say I'm good at



---

---

---

---

---

What's unique about me



---

---

---

---

---

# MOOD TRACKER

WEEK OF

I FEEL

M

T

W

T

F

S

SU

HAPPY

SAD

EXCITED

ANGRY

RELAXED

TIRED

ACTIVE

AVERAGE

INSECURE

CONTENT

# SELF-CARE PLANNER

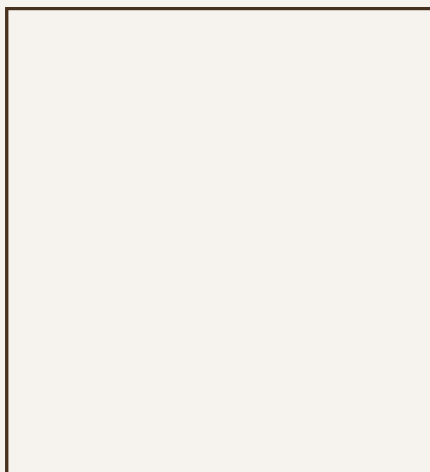
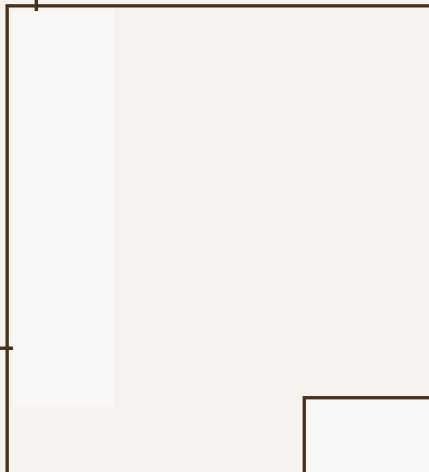
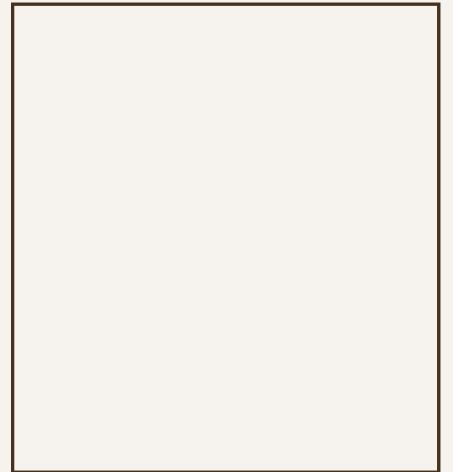
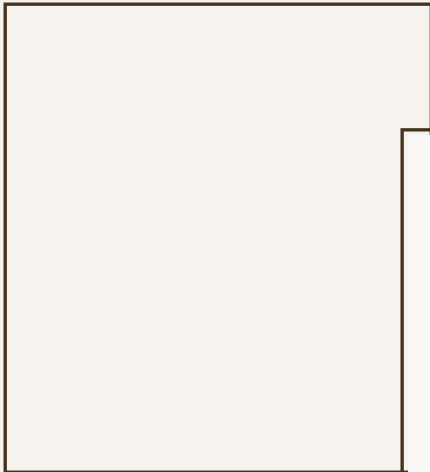
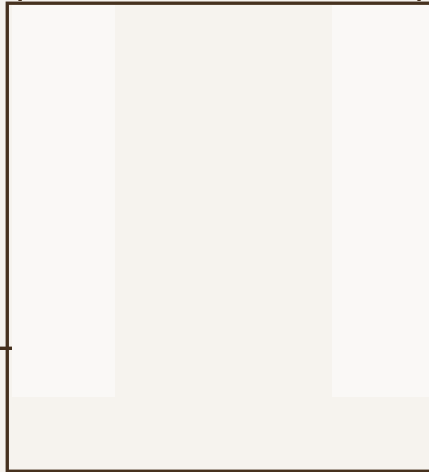
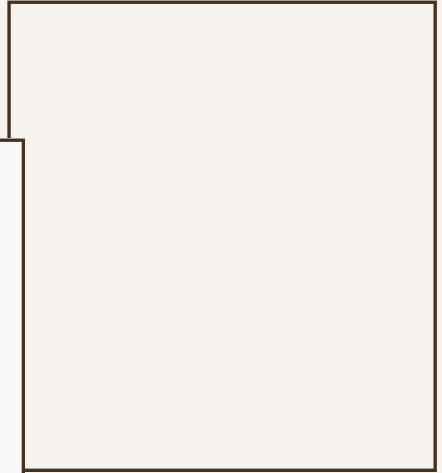
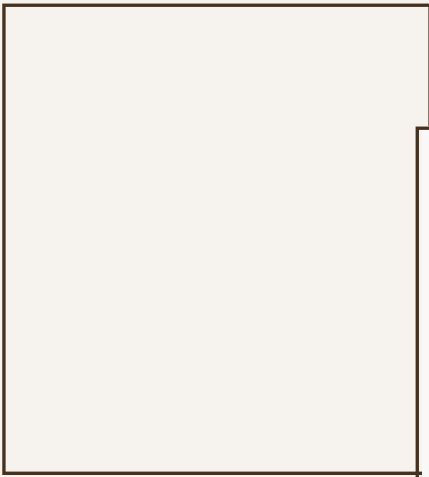
WRITE DOWN YOUR SELF-CARE ACTIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



# UN-DO LIST

WRITE DOWN THINGS YOU WANT TO STOP DOING



# BRAIN DUMP

WRITE EVERY LITTLE THING THAT COMES TO YOUR MIND

PERSONAL

WORK/HOME

I'D LIKE TO LEARN

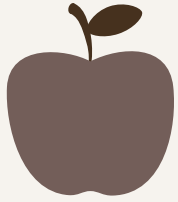


# MY SLEEP TRACKER

Date	Hours	Notes
1	1 2 3 4 5 6 7 8 9 10 11 12	
2	1 2 3 4 5 6 7 8 9 10 11 12	
3	1 2 3 4 5 6 7 8 9 10 11 12	
4	1 2 3 4 5 6 7 8 9 10 11 12	
5	1 2 3 4 5 6 7 8 9 10 11 12	
6	1 2 3 4 5 6 7 8 9 10 11 12	
7	1 2 3 4 5 6 7 8 9 10 11 12	
8	1 2 3 4 5 6 7 8 9 10 11 12	
9	1 2 3 4 5 6 7 8 9 10 11 12	
10	1 2 3 4 5 6 7 8 9 10 11 12	
11	1 2 3 4 5 6 7 8 9 10 11 12	
12	1 2 3 4 5 6 7 8 9 10 11 12	
13	1 2 3 4 5 6 7 8 9 10 11 12	
14	1 2 3 4 5 6 7 8 9 10 11 12	
15	1 2 3 4 5 6 7 8 9 10 11 12	
16	1 2 3 4 5 6 7 8 9 10 11 12	
17	1 2 3 4 5 6 7 8 9 10 11 12	
18	1 2 3 4 5 6 7 8 9 10 11 12	
19	1 2 3 4 5 6 7 8 9 10 11 12	
20	1 2 3 4 5 6 7 8 9 10 11 12	
21	1 2 3 4 5 6 7 8 9 10 11 12	
22	1 2 3 4 5 6 7 8 9 10 11 12	
23	1 2 3 4 5 6 7 8 9 10 11 12	
24	1 2 3 4 5 6 7 8 9 10 11 12	
25	1 2 3 4 5 6 7 8 9 10 11 12	
26	1 2 3 4 5 6 7 8 9 10 11 12	
27	1 2 3 4 5 6 7 8 9 10 11 12	
28	1 2 3 4 5 6 7 8 9 10 11 12	
29	1 2 3 4 5 6 7 8 9 10 11 12	
30	1 2 3 4 5 6 7 8 9 10 11 12	
31	1 2 3 4 5 6 7 8 9 10 11 12	

# SELF-CARE ROUTINE

Body and health



---

---

---

---

---

Relationship  
with other



---

---

---

---

---

Rest and relaxation



---

---

---

---

---

Soul and  
inner growth



---

---

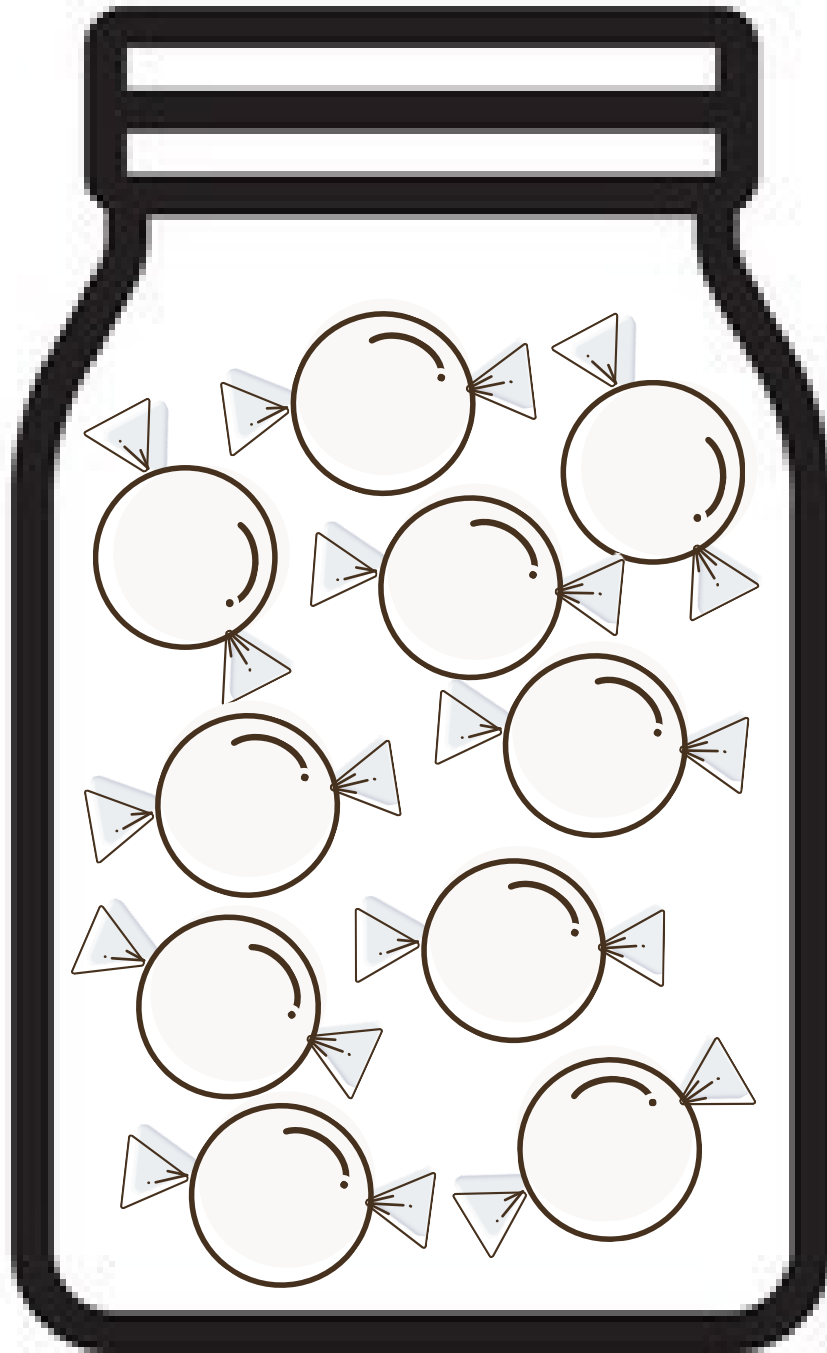
---

---

---

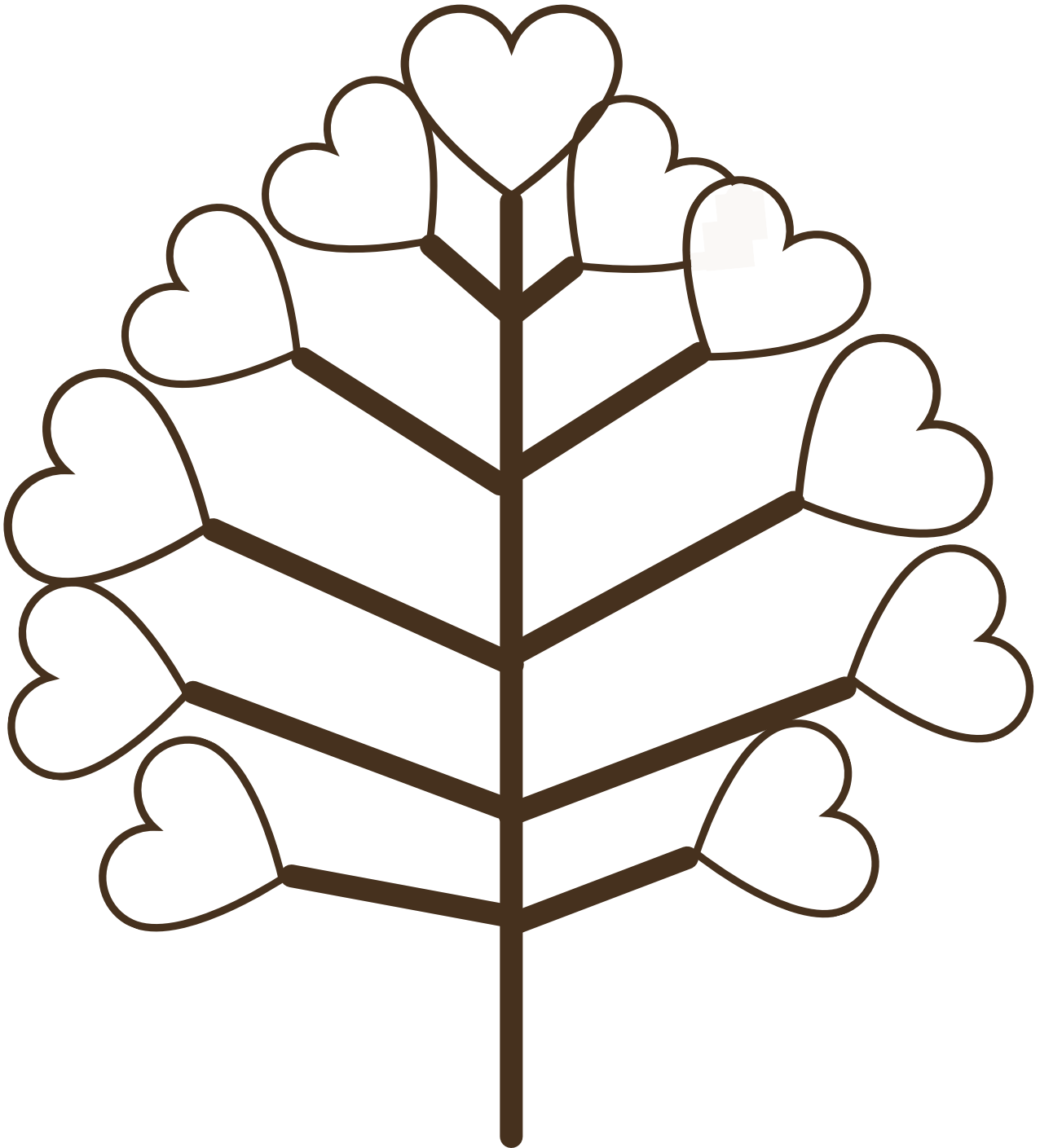
# SELF-CONFIDENCE JAR

WRITE DOWN YOUR CONFIDENCE IDEAS, AND COLOR IN EACH CANDY WHEN GOALS ARE REACHED



# SELF-LOVE TREE

START GROWING YOUR SELF-LOVE TREE BY ADDING THINGS YOU LOVE ABOUT YOURSELF WHICH WILL BOOST YOUR CONFIDENCE LEVELS. TO EACH HEART AND COLORING IT IN



# COMPLETE SELF MAKEOVER

Enhancing your self-concept will enhance your ability to compete in the world and achieve success. You also gain the added benefit of feeling good about yourself and maximize a higher level of confidence in your life. A self-concept can either be limiting or uplifting. The whole idea is to look at yourself honestly and start to make the necessary changes needed to grow and change.

1. What are the limiting beliefs I hold that were created through past experiences or childhood?

---

---

---

---

2. Are these limiting beliefs valid? Where did they come from? Is it possible I interpreted the situation incorrectly?

---

---

---

---

3. How is my current life limiting my beliefs about myself, my capabilities, and my ability to control my future and my environment?

---

---

---

---

# COMPLETE SELF MAKEOVER

4. What changes do I need to make to my finances, health, and social life to support a more effective self-concept?

---

---

---

---

5. Who do I want to become? Whom do I admire? What type of person do I want to be?

---

---

---

---

6. How would I rate my self-esteem? What are the biggest barriers to feeling better about myself and what can I do to overcome those barriers?

---

---

---

---







*Change*

**STARTS WITH YOU!**