Confidence List

List 100 things you love about yourself

Kylie Travers

Confidence is Key

Confidence was easy as a kid and hard as a teenager but felt impossible when leaving my abusive marriage and rebuilding my life.

To increase my confidence I set a challenge to write a list of 100 things I like about myself.

And it was hard!

It took me longer than I thought but once I had the list, I kept copies of it to refer to whenever I felt down, unworthy or needed a boost.

The list was formed through:
My own thoughts and opinions
Accepting compliments from others
Anything I had achieved
Asking people I respected what they liked about me/thought my strengths were

Some examples included:
I love the shape of my natural eyebrows
I love how open-minded I am
I love my curious nature
I am a natural at diving

Use this workbook to create your own list and keep copies of it where you will see it.

Think about things you love, things you are a natural at, complimented on and enjoy doing to get you started.

100 Things I Like About Myself

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More Resources

Find more tips and resources to create an abundant life including:
Journal Prompts
A Morning and Evening Routine for Success
10 Steps to Success with Goals
And More:

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