AGES 12–18 ACTIVITY

My 30-Day Confidence Challenge



WHAT THIS IS

Confidence is built by doing, not waiting to feel ready. One small action a day adds up.

HOW TO USE IT

1. Do the day's challenge. Adjust it to fit you.
2. Check the box when done.
3. Reflect at day 30.

EXAMPLE

"*Day 6: asked for help. It was awkward, but my teacher was glad I did.*"

☐ **1** Compliment yourself	☐ **2** Say hi to someone new	☐ **3** Share an idea	☐ **4** Do something you avoid	☐ **5** Write 3 strengths
☐ **6** Ask for help	☐ **7** Try something new	☐ **8** Stand up straight	☐ **9** Set a boundary	☐ **10** Praise someone else
☐ **11** Take a break	☐ **12** Say no kindly	☐ **13** Celebrate a win	☐ **14** Speak up once	☐ **15** Wear what you love
☐ **16** Forgive a mistake	☐ **17** Learn something	☐ **18** Thank someone	☐ **19** Be kind to you	☐ **20** Move your body
☐ **21** Try a hard thing	☐ **22** Tell someone a truth	☐ **23** Make art	☐ **24** Help someone	☐ **25** Rest guilt-free
☐ **26** Reread your journal	☐ **27** Set a goal	☐ **28** Say 'I did that'	☐ **29** Look in the mirror and smile	☐ **30** Reflect: what changed?

My favorite challenge

What changed for me

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.