

Student Name: _____

Sharing and Reflection: Create a Personal Action Plan



Develop a **Personal Action Plan** to improve your **self-confidence**. The purpose of the Personal Action Plan is to reflect on your **positive qualities** and **create a goal** to help you take **actionable** steps toward building your **self-confidence**.

1. Identify three things you like about yourself.

1)	
2)	
3)	

2. List one of your strengths you want to develop further.

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3. Write down one goal you will set to improve your self-confidence. Consider the aspects of a SMART goal. Remember, a **SMART** goal is **Specific, Measurable, Achievable, Realistic, and Time-bound**. For example: I will practice kindness toward myself by writing down three positive things about myself every evening for the next two weeks.