



These questions are from the blog post:

[Empowering Questions for Self-Confidence](#)

If you're building self-confidence, learning to ask yourself better questions is one of the most powerful tools you can use. It invites reflection, prompts action, and awakens emotional clarity.

Empowering Questions for Self-Confidence

- Who can help me achieve my outcome?
- What is great about this?
- What can I learn from this to ensure I grow and develop?
- What other support is available for me?
- What action do I need to take to ensure I overcome this?
- What will I do differently next time?

- How many resources do I have available to help me?
- What is really funny about this situation that I haven't noticed before?
- What decisions do I need to make?
- Who can I consult to help me make those decisions?
- What am I willing to begin doing now (or stop doing now) to ensure a successful outcome?

These positive questions start engaging your mind, and your creativity, providing new solutions, focusing your intention and making you more determined to succeed in building your self confidence.

So, get your journal out and start thinking about the right kind of questions you want to ask yourself. I believe a powerful one is:

"Why am I building my self confidence?"

You want to know the answer to that question because it will help keep you motivated. When you know your WHY when things get rough it will keep you focused. You can also ask

"What will be the impact on my life if I don't raise my self confidence?"

Now the answers to that question might not make you feel great but don't worry - because you already have your [WHY](#) and together they will help you keep going. You know why you are building your self confidence and you know what the impact will be if you stop building it so all you have is one massive reason to stay on track!

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