

# 17 Confidence Building Questions

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1. What are 3 of your greatest accomplishments?

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2. What makes you unique? (something you have that most others do not)

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3. What's something positive your friends/family would say about you?

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4. What are you most passionate about? (your "why")

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5. What's something that scares you? Why - what's the worst that could happen?

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6. What are 3 things you like about yourself?

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7. What are your top 3 strengths?

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8. What's something you've done that you are proud of?

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9. Do you have a growth mindset?

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10. What are some areas in your life that you'd like to improve & how can you gain the knowledge/skills that you need to do so?

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11. What have you set out to accomplish and succeeded, perhaps to your surprise?

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12. What is your definition of success/what does your dream life look like?

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13. What are some of your qualities/skills that can help you achieve that (your answer to #12)?

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14. What do you want to accomplish before you die/ how do you want to be remembered?

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15. What makes you feel good/happy?

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16. What are you naturally good at?

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17. What are some of your limiting beliefs?

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