According to [Emily Roberts](https://www.healthyplace.com/blogs/buildingselfesteem/2016/01/feel-confident-now-ask-yourself-these-15-questions) (2016), there are some questions you can ask yourself to help boost your self-esteem and help you feel confident now. You can answer these questions quickly or take more time to ponder. The more time you spend thinking about yourself in this manner, the better you will feel. Sometimes we don’t stop to think about those things we already have that define us.

1. What are some things you can do to strengthen or balance your emotions? What can you stop doing?
2. How would you feel three months from now if you stuck to your goal? How would your life be different?
3. What is one small thing you can do this week that will help you feel more in control of your life?
4. What are some things you are passionate about? What kinds of things excite, motivate, or interest you? What can you do to feed these passions daily or weekly?
5. Think of some times when you felt motivated and confident. What were you doing? Who were you with? Where were you?
6. What kinds of things can you do to start developing a stronger relationship with yourself? What kinds of things do you feel you need to overcome so that you can get closer to self-acceptance and confidence?
7. Do you have relationship problems with your family, friends, or coworkers? What are your options to overcome them?
8. What kinds of activities excite you? Which ones make you feel happy? How can you integrate more joyful and exciting activities into the next couple of days?
9. What habits, if any, do you need to change in order to improve your happiness and confidence this year? What is one habit that you can start to work on in the next couple of days? What would it feel like to do this every day?
10. What can you start doing, or stop doing, to deepen your relationships with friends and loved ones?
11. Who are the people in your life who are supportive and will help you nurture your dreams and goals? How can you spend more time with them?
12. What stands between you and feeling happy? What steps can you take to bridge the gap?
13. In terms of money and finances, what kinds of changes could you make to feel more confident financially?
14. How can you reduce your expenses this month? How would this make you feel about yourself?
15. What would it feel like if you stuck to one healthy habit for the next few months? How could that improve your life?

Roberts, E. (2016, January 15). Feel confident now: Ask yourself these 15 questions. Healthy Place. Retrieved from https://www.healthyplace.com/blogs/buildingselfesteem/2016/01/feel-confident-now-ask-yourself-these-15-questions.