

Career Transformation Confidence Mapping Worksheets



CONFIDENCE

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MyCareerByDesign - Beyond The Imaging Room™

Career Transformation Confidence Mapping Worksheet

Instructions: This worksheet is designed to help you build confidence in your career transformation. Follow each exercise carefully and take your time reflecting on your experiences and strengths.

1. Confidence Timeline

Objective: Identify past achievements and patterns of confidence- building experiences. Exercise:

- Draw a horizontal timeline from your earliest career memory to now.
- Mark key milestones where you felt confident and successful.
- For each milestone, answer:
 - What contributed to your confidence in that moment? (Skills, mindset, external support)
 - What did you learn about yourself?

Look for patterns - what environments, habits, or actions helped you feel most empowered?

2. Strengths & Superpowers Matrix

Objective: Acknowledge and leverage personal strengths.

Exercise: Fill in the table below:

STRENGTH	HOW IT HAS HELPED YOU IN THE PAST	HOW IT HELPS YOU NOW	HOW TO MAXIMIZE IT

If you struggle to identify strengths, ask colleagues, friends, or mentors for feedback

3. The Confidence Bank

Objective: Create a mental repository of achievements to boost confidence. Exercise: List 10 accomplishments you are proud of, big or small:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

4. The Inner Critic vs. Inner Coach Dialogue

Objective: Reframe self-doubt into empowering thoughts.

Exercise: Write down negative self-talk statements you frequently have and then rewrite them as empowering responses:

NEGATIVE THOUGHT	INNER COACH RESPONSE

Practice daily or as often as you need, to replace the negative thoughts with the inner coach responses.

5. Future Self Visualization Objective: Align mindset with a confident future version of yourself. Exercise:

Close your eyes and imagine yourself five years into your successful career transformation.

Answer these questions:

- What does your daily routine look like?
- How do you show up confidently?
- What skills and habits have you mastered?
- What kind of impact are you making?
- Write a letter from your future self, offering encouragement and advice:

Dear [Your Name],

[Write a motivational message from your future self here]

Sincerely, Your Future Self

Final Reflection:

What did you learn about your confidence?

What strategies will you implement moving forward?

A few reminders:

- Confidence is built through action and self-awareness.
- Practice makes PROGRESS.

Keep practicing these exercises and step into your career transformation with confidence!

MINDSET

