

Positive Steps to Improve Your Confidence

List 8 things you like about yourself:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

List 5 things you are good at:

- 1.
- 2.
- 3.
- 4.
- 5.

List below 5 compliments that you have received:

- 1.
- 2.
- 3.
- 4.
- 5.

Confident People

List below 5 things that make someone confident:

- 1.
- 2.
- 3.
- 4.
- 5.

Gratitude

Write down 5 good things that have happened to you that you are grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Positive Influences

List 3 positive influences in your life:

- 1.
- 2.
- 3.

Positive Statement

Using positive words you recognised in yourself earlier and write a positive statement about yourself that you can read and revisit daily:

KEEP GOING YOU ARE DOING REALLY WELL!