

# Self Esteem, Confidence and Motivation

List below 4 skills that you have:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List below 4 ways you could act confident, even if you are not feeling it inside:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List below 4 things that are motivating you to gain voluntary work or employment:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List 2 things you can do to raise your level of self esteem, confidence and motivation:

- \_\_\_\_\_
- \_\_\_\_\_

Is there any other support that you would like to help you with your self esteem, confidence and motivation: