

IF YOU WOULD LIKE HELP BUILDING CONFIDENCE



how to build CONFIDENCE

- **GET POSITIVE.** Write a list of things you like about yourself. Reward yourself. Forgive yourself when you can't get everything right.
- **TAKE CARE OF YOURSELF.** Try to get enough sleep, eat well, take some exercise and take care of your personal hygiene. Plan fun and relaxing things for yourself. Try out new things or restart old hobbies.
- **FIGHT YOUR "INNER CRITIC".** Challenge the way you speak to yourself by asking *"what makes me think my thoughts are correct?"*
- **DON'T AVOID THINGS.** You will never know if you could've done something well or coped. Make a plan. Start with small goals.
- **GET HELP FROM OTHERS.** Ask someone you trust to tell you what they like about you and what you are good at. You might be surprised at what they say!