

Knowing your skills and strengths
and feeling good about you!

Building Confidence

What is confidence?

Confidence is knowing who you are, understanding your skills and talents, and believing in yourself enough to take chances, try new things, and keep growing!

Why does confidence matter?

Confidence helps you to believe in yourself, grow, and learn new things, share who you are, make mistakes, takes chances, and feel good about yourself!

What gets in the way of confidence?

- Lack of self-belief
- Uncertainty
- Insecurity
- Fear/worry
- Lack of practice
- Stress/anxiety

How you can be more confident?

- Stand tall
- Believe in yourself
- Practice confidence every day
- Speak up
- Do hard things
- Focus on learning new skills
- Try new things
- Feel afraid and do it anyway
- Stop worrying about what others think
- Find confident role models and example to follow