

A More **Confident** You

The Tools to Unlock Your **Self-Belief**



Activity Sheet

“A More Confident You- The Tools to Unlock Your Self-Belief”

Statement #1 – “For me, confidence is...”

Confidence Boosters:

- Being able to prove that I can do something:
_____.
- _____ – being able to do something over and over again.
- Being able to articulate what my _____ are.

Statement #2 – “I am at my best when...”

Confidence Boosters:

- I am _____ or _____ about something.
- I am _____ and _____.
- I am in balance – _____, _____, _____.

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Statement #3 – “I can keep my confidence high by...”

Confidence Boosters:

- My inner _____ – what I can _____ tell myself about who I am.
- Stopping my _____ thoughts.
- Giving myself _____ to be myself and enjoy things.

Statement #4 – “Whenever I feel nervous I can regain my confidence by...”

Confidence Boosters:

- Taking _____.
- _____ success.
- Focusing my attention _____ instead of _____.