

BUILDING CONFIDENCE 101

1. When people who truly care about you say positive things about you, what do they say that resonates with you?

2. Make a list. Turn those statements into positive affirmations.

- I am courageous
- I am a good listener.

3. Believe the truth in these statements. Look at them daily. (Write them on a board or your mirror .)

4. Celebrate accomplishments, no matter how small.

5. Make goals that keep your momentum moving forward.

6. Remember: there is no such thing as failure; just learning and growing.