

cONFIDENCE bOOST

An easy way of boosting your confidence is to simply remind yourself of all the great things you've achieved - great things in your life and great things about you, as a person. Use the 3 prompts below to list as many things as you can think of. Keep your list handy so you can take another look when you next need a boost, and so you can compare it with future lists to check in on your growth.

My successes...

E.g. pay rise, overcoming challenges, graduation, compliment from a friend, award etc.

My best qualities...

E.g. positive outlook, attention to detail, problem-solving, confidence, resilience etc.

Things I'm grateful for...

E.g. supportive colleagues, creative outlet, great friends, comfortable home etc.

