

# confidence

***This worksheet is a guide to promote discussion and thought about confidence using Think-Feel-Be resources***

Confidence helps you to feel good about yourself and the things that you do. Confidence can easily go up and down over time and with different experiences. One aim with confidence is to try to keep it steady over time while different things happen in your life. All people, regardless of their circumstances have reasons to be confident. To build or keep your confidence it is a good idea to recognise your strengths and use these more regularly in your life.

List 5 strengths that you have.

List 5 things that you are good at.

Regardless of your level of confidence, it is easy to experience doubts, worries or fears. To help you to challenge your worries, write down 4 doubts or worries that you may have now or have had in the past and plan what you could think or do to make these doubts or worries smaller or go away.

Choose 2 words from the Think-Feel-Be confidence poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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