



# The Virtue of Confidence

Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things, without letting doubts or fears hold you back. When you have confidence in others, you rely on them.

## *You are practicing Confidence when you:*

Know you are worthwhile and feel sure of yourself

Don't let fear, doubt or worry stop you

Discover your talents and try new things

Learn from your mistakes

Think positively

Trust that all things work together for good.

## *Affirmation*

I am confident. I appreciate my gifts and give my best. I enjoy trying new things. I welcome new possibilities.

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