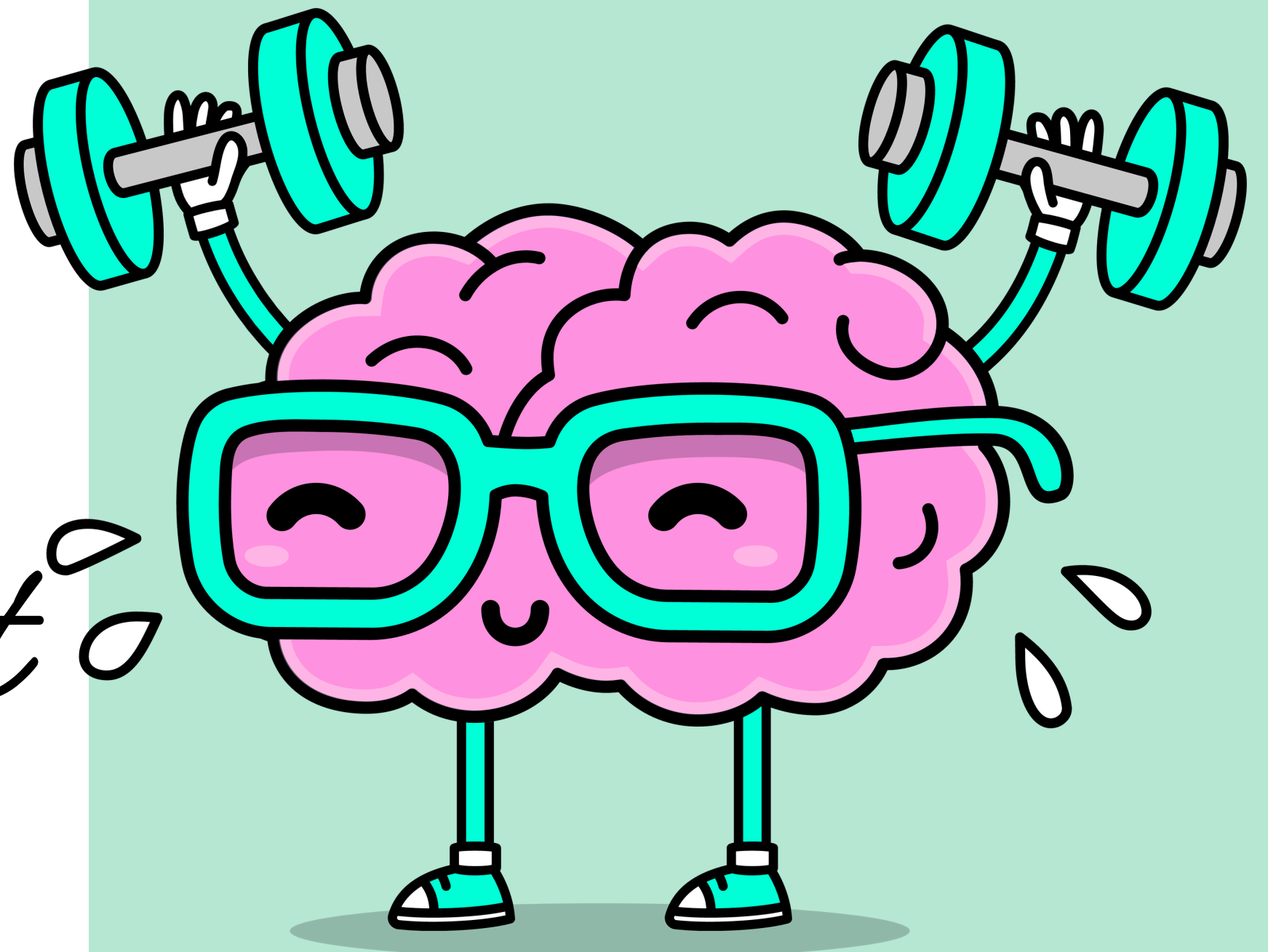


# RISING STRONG

*confidence kit*



## WHO IS THIS FOR?

Girls ages 10–18 navigating big transitions

Parents seeking confidence-building tools

Parents who want to support emotional growth, resilience & healthy self-image

## WHAT IS INCLUDED?

Quick Wins to Boost Self-Esteem

Conversation Starters for Parents

Daily Confidence Habits

Coping Tools for Anxiety,

Perfectionism & Peer Pressurs

Success Scripts for Sticky Social Situations

## Confidence Tools

### Confidence Playlist

Create a hype list of 5 songs

### Mirror Mantra

Say one kind thing to your reflection each morning

### Digital Detox Breaks

Take 15–30 minutes away from social apps daily

Quick Wins to Boost Self-Esteem

5-Minute Mindset Reset

Give a Compliment

Do One Brave Thing a Day

Positive Self-Talk/Mirror Talk

# Parent Conversation Starters

When do you feel most confident?

What's one challenge you have handled this week that made you proud?

How can I best support you when you are overwhelmed?

# Daily Confidence Habit Day 1

## Know Your Strengths

Write down 3 things you're proud of.

Ask: What makes me feel most like ME?

# Daily Confidence Habit Day 2

## Reframe the Inner Critic

Flip the script. Turn I can't do this into I'm still learning this.

Bonus: Keep a page called Comebacks to My Critic.

# Daily Confidence Habit Day 3

## Brave Body Language

Stand tall like a superhero.

Shoulders back, eyes up.

Try the 2-minute power pose before something stressful.

# Daily Confidence Habit Day 4

## Set a Tiny Boundary

Say: No thanks or not right now to something that doesn't feel right.

Practice a boundary with someone safe.

# Daily Confidence Habit Day 5

Write Your Rising Strong Statement

Fill in the blanks:

I am \_\_\_\_\_. I used to doubt \_\_\_\_\_,

but now I know \_\_\_\_\_.

I rise strong when \_\_\_\_\_.

# Coping Tools

Grounding practice: 5-4-3-2-1

I am good enough mantra

Comparison detox challenge

# Success Scripts for Sticky Social Situations

## When Someone Leaves You Out

### Script:

Hey, I saw you all hung out the other day. I felt kind of left out. I'd really like to be included next time. Was there a reason I wasn't invited?

Confidence Tip: Keep your tone curious, not accusing. It opens the door for honesty instead of defensiveness.

# Success Scripts for Sticky Social Situations

## When a Friend Talks Behind Your Back

### Script:

I heard you said something about me, and it really surprised me. I care about our friendship and would rather talk directly if something's wrong. Can we clear the air?

Confidence Tip: Use “I” statements to express how you feel and what you want going forward.

# Success Scripts for Sticky Social Situations

When You Feel Pressured to Fit In

Script:

That's just not my thing, but you do you. I'm good with making my own choices.

Confidence Tip: A neutral, respectful tone works wonders. No drama, just boundaries.

# Success Scripts for Sticky Social Situations

## When You Want to Disagree Respectfully

Script:

I actually see it differently. Can I share why?

or

That doesn't sit right with me. Can we talk about it?

Confidence Tip: Asking to share your perspective invites mutual respect.

# Success Scripts for Sticky Social Situations

## When You're Nervous to Speak Up

Script:

Inner script: It's okay to feel nervous.

Speaking up means I'm growing.

Outer script: This might sound different,  
but here's what I think...

or

I'm still figuring it out, but here's my  
take...

Confidence Tip: You don't need to sound  
100% sure. Owning your process is  
confidence.

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