

Confidence, Self Worth, and Being Kinder to Yourself

You're not meant to be perfect. You're meant to be you. ♥

SAME YOU. BRIGHT THINGS AHEAD.

Kind people include themselves too. ♥

REAL PEOPLE BRAVER KINDER THAN YOU ♥

1 What confidence really is

It's not about being perfect – it's about trusting yourself.



Confidence isn't having it all figured out. It's believing you can handle what comes, even if it's hard.



It means being yourself, making mistakes, learning and trying again.



Confidence looks different on everyone. It can be quiet, creative, kind, funny, thoughtful or brave.



You don't need to be the loudest in the room to be confident. You just need to be you.



Confidence grows when you do hard things and remind yourself: "I can do this." ♥

Progress counts too. ♥

2 Why self worth can take hits in the teen years

You're growing, changing, and figuring out who you are.



Your brain is still developing, especially the parts that manage self-esteem and emotions. It's normal to feel more sensitive.



You might be dealing with school pressure, social stuff, body image concerns, and big changes in friendships or family.



It's easy to tie your worth to things like marks, looks, followers or what other people think – but those things don't define you.



Everyone goes through ups and downs. Struggling doesn't mean something is wrong with you – it means you're human.

This stage is messy, but it's also a time of real growth. You're becoming more you, and that's something to be proud of. ♥

A KINDER MIND

A BRIGHTER YOU

SAME YOU

BRIGHT THINGS AHEAD ♥

3 Common confidence killers

These things can make you doubt yourself – but you're not alone.



Comparison

It's easy to feel like everyone else has it more together. Social media often shows the highlight reel, not the real life.



Social media

Too much time online can make you feel like you're not enough. Remember: what you see isn't the full story.



Perfectionism

Thinking you have to be perfect can stop you from trying, enjoying, or feeling proud of your progress.



Rejection

It hurts when you feel left out or not chosen. It's normal to feel this, and it doesn't mean you're not good enough.



Negative self-talk

The harsh voice in your head can be really convincing – but it's not always the truth.

Awareness is the first step. You can't always avoid these challenges, but you can learn how to handle them in a healthier way. ♥

4 How to build confidence in real life

Small steps add up to a stronger you.



Do things that challenge you

Try something new, even if it feels a bit scary.



Focus on your values

Spend time doing things that matter to you, not just what looks good to others.



Surround yourself with good people

Be around friends who lift you up and like the real you.



Notice your progress

Look back at how far you've come. You've handled hard things before – and you can again.



Take care of your basics

Sleep, movement, good food and breaks help your mind and mood.

Discomfort is a sign you're growing not failing. ♥

Braver than you think ♥

5 Talk to yourself like someone on your side

The way you speak to yourself matters. Be your own biggest supporter.

Instead of...

Try this...

I'm not good enough.

I'm doing my best, and that's enough.

I always mess things up.

I make mistakes, and I learn from them.

Everyone is doing better than me.

I'm on my own journey, and that's okay.

I can't do this.

This is hard, but I can try, and I can get support if I need it.

I hate how I look.

My worth isn't based on my appearance. I appreciate what my body does for me.

Be the friend to yourself that you would be to someone you love. ♥

6 Small actions that actually help

You don't need to do everything. Start with one.



Make a short list of things you're proud of (even small wins!).



Move your body in a way that feels good (walk, dance, sport, stretch).



Do something that brings you joy or helps you feel like you.



Limit time on social media if it brings you down. Take breaks.



Be kind to yourself. Talk to yourself like a friend.

Small steps still move you forward. ♥

7 When to reach out for support

You don't have to go through this alone.

- ♥ If you feel sad, anxious or stuck for more than a couple of weeks.
- ♥ If your self-esteem is really low or getting worse.
- ♥ If you're having a hard time at school, at home, or with friends.
- ♥ If you notice changes in your sleep, appetite or motivation.
- ♥ If you're having thoughts of self-harm or feel like you can't cope.
- ♥ Reach out to a parent, trusted adult, teacher, school counsellor or a mental health professional. There is help, and you matter.

Asking for help is a sign of strength, not weakness. ♥

