

Confidence is a skill that can be learned!!!

We learn things by doing or saying them over and over again. Or by watching other people do it, then by copying them. So how are you going to learn to be more confident?



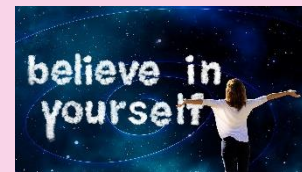
Be your own role model: Be proud of yourself and live your values every day

Express yourself: Share what you think and feel with others



Challenge yourself: Stretch yourself, persevere, overcome obstacles and feel great!

Only your opinions about you matter!: Stop worrying what others think of you. Focus instead on what you think!



No more negative self-talk: Imagine you're talking to your best friend. What could you say to yourself instead?

Forgive your mistakes: Remember, there is no such thing as failure – only learning!





I am Awesome! You're already fabulous; a unique once in a lifetime creation. Enjoy!

Don't waste energy comparing: Comparison is the thief of joy (and confidence!)



Excellence, not perfection: Perfection looks good, but it's tiring for you and those around you.

No part of you should be left behind: Learn to love and accept all of you.



Talents. Discover yours and use them: Feel great about yourself by using your strengths and talents in life.