

VISUAL JOURNAL

BUILDING SELF-CONFIDENCE



Confidence takes time and practice to develop. Use this worksheet to reflect on your strengths and what makes you unique! Be creative! Write words, draw pictures, make a collage, or just save this worksheet to look back on.

What are your favorite things about yourself?

What do you enjoy most?

What are some ways that you cope (both good and not so good)?

What is most important to you?

What makes you laugh?

What makes you feel confident?

TIPS

BUILDING SELF-CONFIDENCE

Confidence helps with keeping self-respect. So how do you become confident?

Confidence takes time and practice to develop. Here are some ideas for practicing confidence:

- Be creative.*
- Find things that you enjoy, and discover things you can do well.*
- Ask for help when you need it.*
- Offer help to others who need it!*
- Communicate with others who encourage you.*
- Find new things that you haven't tried before.*
- Think of role models who speak kindly about themselves and others.*
- Accept what is not perfect.*
- Focus on the parts of things that go well for you.*