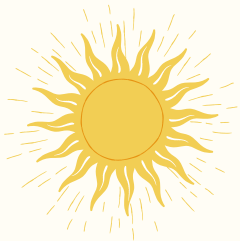




Ways to improve your confidence....

Focus on positive things!

It can take practice to get used to thinking more positively about yourself. One way you can do this is by making a list of several things that you like about yourself.



You might include:

- things about your personality
- things about the way that you look
 - things that you do
- skills you have developed.



Take your time and aim for 50 different things, even if this takes several weeks. Keep this list and look at a different part of it each day.

If you are feeling down or worried about an event that is coming up, such as meeting up with new people/friends, you can use it to remind you of the good things about yourself.

If you struggle to come up with a list of good things, you could ask a parent or a trusted friend to help you begin. This may also help you to see how others may have a higher opinion of you than you do yourself.

Another technique is to write down at least three things that went well or that you have achieved that day before you go to sleep.

Some people also find it helpful to keep objects, such as photos or letters, which make them feel good about themselves.



Positive things about me

- | | |
|----|----|
| 1 | 26 |
| 2 | 27 |
| 3 | 28 |
| 4 | 29 |
| 5 | 30 |
| 6 | 31 |
| 7 | 32 |
| 8 | 33 |
| 9 | 34 |
| 10 | 35 |
| 11 | 36 |
| 12 | 37 |
| 13 | 38 |
| 14 | 39 |
| 15 | 40 |
| 16 | 41 |
| 17 | 42 |
| 18 | 43 |
| 19 | 44 |
| 20 | 45 |
| 21 | 46 |
| 22 | 47 |
| 23 | 48 |
| 24 | 49 |
| 25 | 50 |