

Be kind to your self confidence

Don't fear to fail
Be okay not knowing it all
Love you for you
Avoid unkind people
Don't give up on you
Embrace change
Laugh daily
Accept things happen
Live in the moment
Trust yourself
Appreciate what is good
Realise our thoughts have power



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Different Choices Different Lives

Confidence
isn't about
having all the
answers; it's
about being
open to all
the questions




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Each time
we face our
fear, we gain
strength,
courage and
confidence

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Failing can teach
us much on the
road to success



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Stop beating yourself
up for who you aren't,
start loving yourself for
who you are



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Talk to yourself in
the same way you
would to someone
you love very much

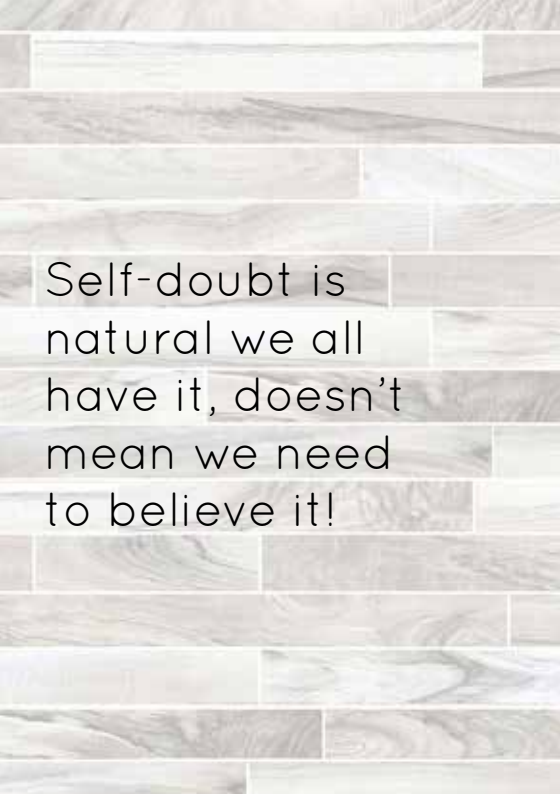
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Self-doubt is
natural we all
have it, doesn't
mean we need
to believe it!

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Different Choices Different Lives

Success isn't
measured
by what we
achieve, but
the obstacles
we overcome
when seeking
to achieve



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The first step in going
anywhere is deciding
you don't want to stay
where you are



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Different Choices Different Lives

Believe in
yourself



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Rewrite the rule
book you've made
for yourself

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Be the Star not an
extra in the movie
of your life

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Learning
to laugh at
yourself helps
not to take
things too
seriously


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A silhouette of a person's head and hand is shown on the left side of the frame, blowing into a long, thin tube. Several bubbles are floating in the air, appearing as translucent spheres with iridescent colors. The background is a warm, orange-hued sky with soft, wispy clouds, suggesting a sunset or sunrise. The overall mood is peaceful and whimsical.

Never be
afraid to
ask the silly
question,
there are no
silly questions

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Be brave aim high,
in life we get skint
knees it's how we
learned to walk

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Your worth is
not worthless

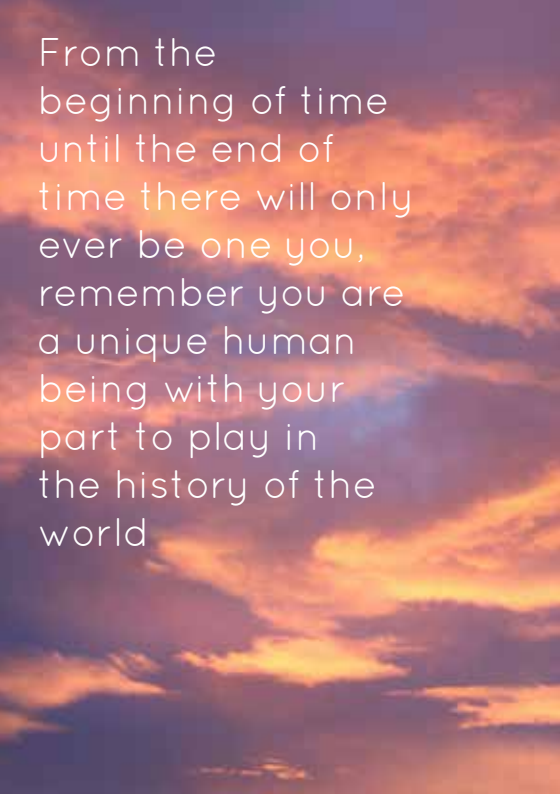
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From the
beginning of time
until the end of
time there will only
ever be one you,
remember you are
a unique human
being with your
part to play in
the history of the
world

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Different Choices Different Lives

Life is
a roller
coaster at
times, learn
to enjoy
the ride



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Different Choices Different Lives

Look in
the mirror
and
smile at
yourself



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Different Choices Different Lives

Learn
from the
past don't
live in it



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Anticipate the future
don't dread it



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Different Choices Different Lives

Make the most of
now don't dwell on
the what if's



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Learn to trust yourself,
if you cannot trust
yourself how can you
trust anyone else

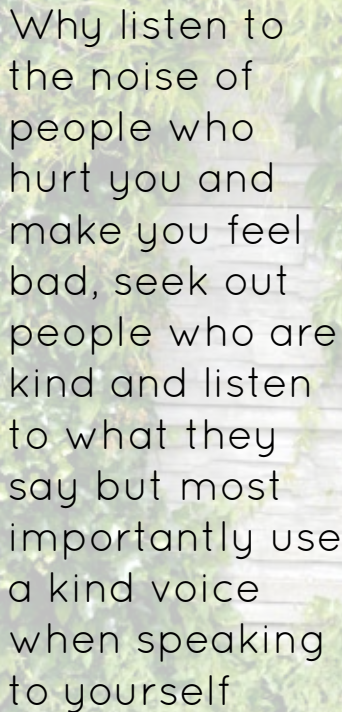
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Why listen to
the noise of
people who
hurt you and
make you feel
bad, seek out
people who are
kind and listen
to what they
say but most
importantly use
a kind voice
when speaking
to yourself

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Different Choices Different Lives

Learn
to know
yourself, your
attitudes
and beliefs
as they
influence
so much of
what you do
and think



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Different Choices Different Lives

Knowing you can
do it better is
not the same as
saying you are a
failure, everyone
gets better with
practice



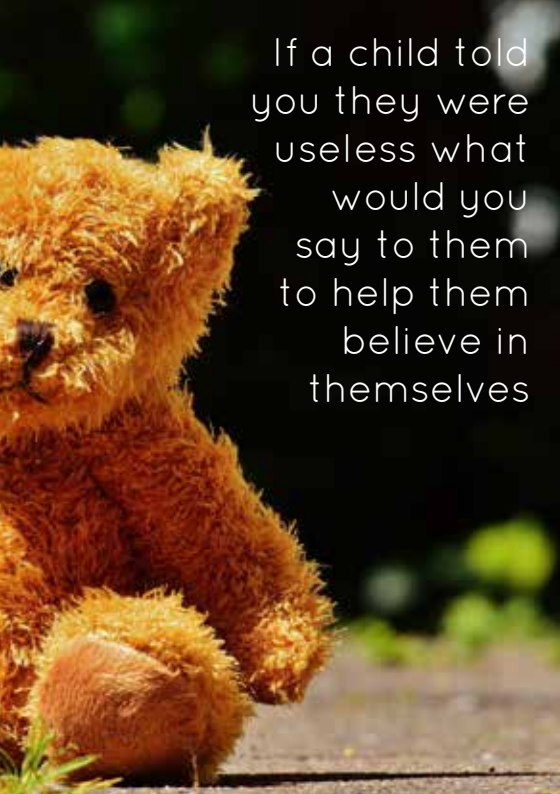
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A close-up photograph of a brown teddy bear sitting on a wooden surface. The bear has shaggy, textured fur and is looking slightly to the left. The background is dark and out of focus, with some green foliage visible on the right side.

If a child told
you they were
useless what
would you
say to them
to help them
believe in
themselves

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Different Choices Different Lives

Don't put your
happiness or
self-belief in a
box and give
it to someone
else, hold onto
it, nurture it
and treasure it

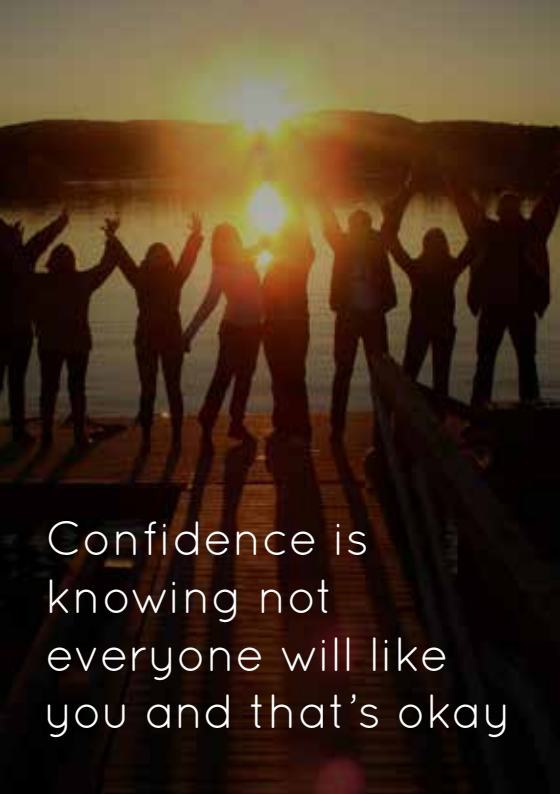


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Different Choices Different Lives



Confidence is
knowing not
everyone will like
you and that's okay

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Different Choices Different Lives

Confidence
is knowing
you may
not like
everyone
else but you
can still be
courteous



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Different Choices Different Lives

Being
grateful for
what is right
can help
us become
stronger
and more
confident
to address
what is
wrong



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Different Choices Different Lives

Having
opinions
on things is
okay even if
they aren't
the same
as other
people,
they may
change with
experience
but not just
to fit in



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The words "Be you" are written on a sandy beach. The letters are formed by carefully placing small, smooth, white and light yellow pebbles. The word "Be" is on the top line, and "you" is on the bottom line. The sand is a light tan color, and the pebbles are arranged to clearly define each letter.

Be you not who
other people think
you are or should be

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Different Choices Different Lives

Learn to ask the 5 why's when you find you are afraid of trying something new, it may help you understand what you are really afraid of....state the issue ask why and to every answer you give ask why again until you really get to what is at the bottom of this



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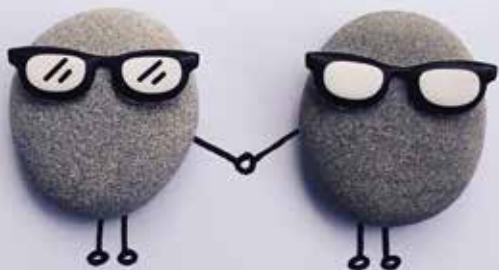
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Different Choices Different Lives

It maybe you need
some support
to regain your
confidence, that's
okay the first step
is finding that
support



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Different Choices Different Lives

Don't let others
lack of goals hold
you back from
achieving yours



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Different Choices Different Lives

Arrogant people and
self-confident people
are not the same
thing, don't fear being
confident in case you
appear arrogant



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Different Choices Different Lives

Confident
people know
they have
things to
learn and
that's okay,
arrogant
people think
they know it
all already



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Focus on ensuring
your grass is as
green as it can be,
don't compare it
to the grass on the
other side of the
fence



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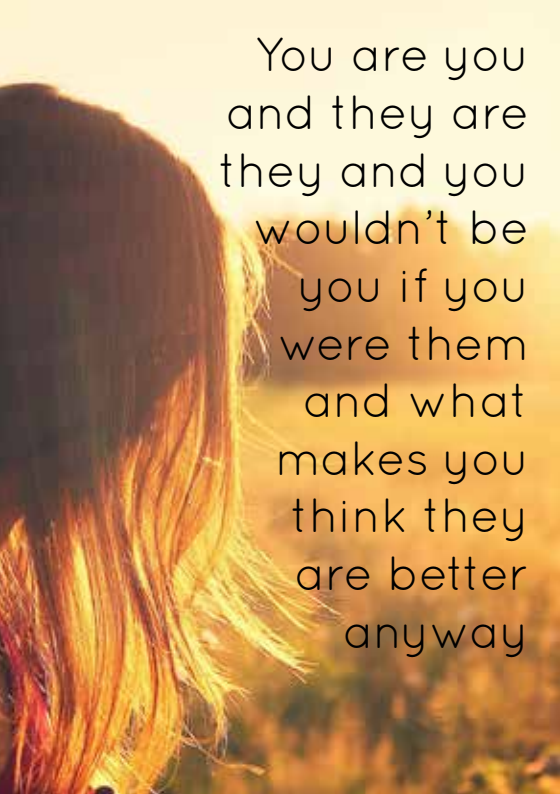


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You are you
and they are
they and you
wouldn't be
you if you
were them
and what
makes you
think they
are better
anyway

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Different Choices Different Lives

Confident people don't
have all the answers,
they just don't mind
admitting when they
don't know something



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Every day
tell yourself
'I am special
and unique'
because you
are! There is
no other like
you in the
world



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Close the door
to your past ,
you don't live
there anymore

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Different Choices Different Lives

Every day is a
new opportunity
to start again



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I am enough
.....yes you
are!!



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Different Choices Different Lives

Thoughts
become things
...Always think
about what
you do want
...Never about
what you
don't



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Different Choices Different Lives

You are as
good as you
make up
your own
mind to be



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Name 10 things
you are grateful
for today the more
your grateful...
...the more you get
to be grateful for.

THERE ARE SO MANY
Beautiful
REASONS
TO BE
HAPPY
BOUTIQUE OF KNOWLEDGE

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What you think
about you is more
important than
what anyone else
thinks about you

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Arrogance
is thinking
you are
better than
other people,
confidence is
knowing no
one is better
than you



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Life isn't about a
destination called
success, it's about
enjoying the journey
and what it can teach
us even when the
road gets bumpy



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You get confident
by doing not talking
about why you cant



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Different Choices Different Lives

Learn to laugh
at failures
and mistakes,
no one is or
will ever be
perfect, even
you, and
that's okay
that doesn't
change what
a unique and
special person
you are

