

# BUILDING SELF CONFIDENCE

- \* Have a clear idea of what I want to do
- \* Use a kinder inner voice
- \* Accept I may need to learn
- \* Don't give up, just because it doesn't work right away
- \* Use positive affirmations which inspire me
- \* Start a journal and create a vision board
- \* Learn to be calmer and more relaxed in the face of challenge
- \* Set goals which are realistic and matter to me
- \* Recognise no one knows it all and I am not expected to either
- \* Ask and accept help, know we all need it sometimes



To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On ..... I made a promise to myself to:

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Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx

“With realization of one’s own potential and self-confidence in one’s ability, one can build a better world.”

- Dalai Lama