

My confidence keeps growing

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I believe in myself and my abilities. I build up my confidence with the choices I make each day.

I accept myself as I am. **I know that I am worthy of respect and love.** I embrace my strengths and the areas where I want to grow. I put aside judgements and treat myself with compassion.

I think positive. I encourage myself with upbeat self-talk. I look for the bright side in any situation. I pay attention to my hopes and dreams.

I liberate myself from the past and focus on what I can do today.

I take care of my health. I invest in my wellbeing by eating nutritious foods and staying physically active.

I spruce up my appearance. I wear flattering clothing and style my hair so I know that I look my best.

I increase my skills and knowledge. **I prove to myself that I am talented and capable.** I

master new technology at work and learn to make simple plumbing repairs at home. I read about international events and world history.

I give myself credit for making an effort. I celebrate my victories. **I know I am a winner as long as I keep trying.**

I build a strong support network with family and friends that love me.

Today, I face my doubts and celebrate my accomplishments. My faith in myself keeps growing.

Self-Reflection Questions:

1. How would I describe the foundation of my self-confidence?
2. What is one thing I can do to pick myself up when I feel my confidence fading?
3. Why does confidence give me power?