

# BUILDING MY CONFIDENCE!

I AM CONFIDENT!



I CAN DO IT!

WHAT I LIKE ABOUT MYSELF:



1. \_\_\_\_\_
2. \_\_\_\_\_

I CAN'T DO IT!

MY STRENGTHS:

Things I am good at:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I can show kindness by...

★ THINGS I AM  
★ ★ PROUD OF!



1. \_\_\_\_\_
2. \_\_\_\_\_

MY POSITIVE THOUGHTS:

I can do hard things!

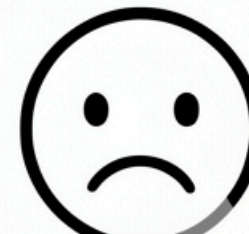
I believe in myself!

I am strong!

A GOAL I WANT  
TO ACHIEVE:



TODAY I FEEL:



Brave

Proud