

# Confidence builds strength

## **Confidence builds strength.**

I believe in myself and my abilities.

I treat myself with compassion and respect. I advocate for my needs. My inner dialogue is gentle and encouraging. I forgive myself for past disappointments. I know that I am worthy of happiness and love.

**I appreciate my talents and skills.** I understand what makes me unique and how I can contribute to any team.

I reflect on my accomplishments. I feel empowered when I see myself overcoming obstacles and achieving my personal definition of success.

I strive to reach my goals. **I give myself new challenges that inspire me to aim higher.**

I think positive. I focus on the things I can control. I find the humor in difficult situations and remind myself that hardships are temporary. I am grateful and optimistic.

I stay calm under pressure. Healthy lifestyle habits make me more resilient. I eat a balanced diet, exercise regularly, and sleep

well. When I feel stressed, I take deep breaths, or go for a walk outdoors.

**I surround myself with family and friends who lift me up.** I talk about my feelings and aspirations. I ask for help when I need it. I welcome constructive feedback and use it to continue learning and growing.

I rely on my spiritual faith. I connect with something greater than myself. Prayer and reflection give me hope and comfort.

Today, I exude confidence and strength. I can handle the challenges in my life. I feel motivated and secure.

## **Self-Reflection Questions:**

1. Why is it important to face my fears?
2. How does my body language affect my confidence?
3. How can I take credit for my achievements without sounding like I am bragging?