

I act with confidence

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I am decisive and sure. I believe in myself and my ability to deal with the challenges that come my way.

I accept myself as I am. I recognize my strengths and the areas where I need to grow. I let go of judgements and regrets. I treat myself with kindness and compassion. My inner dialogue is gentle and constructive.

I take worthwhile risks. I focus on what I have to gain. I learn from experience.

I stand up for my principles. I understand my values. I speak my mind tactfully and directly. I remain objective and open to other viewpoints while making choices that align with my beliefs.

I surround myself with support. I spend time with family and friends who see my potential and encourage me to pursue my dreams.

I invest in myself. **I adopt lifestyle habits that give me energy and keep me strong.** I eat a nutritious diet and avoid junk food. I

exercise regularly and get plenty of sleep. I choose a career that leverages my strengths.

I help others. I feel happy and capable when I use my skills to give back to my community. I volunteer for worthy causes. I teach others what I know.

I think positive. I love myself unconditionally. I remember that I deserve happiness. **I trust that I can accomplish great things.**

Today, I take control of my life. I dare to do things that scare me. I have courage and confidence.

Self-Reflection Questions:

1. What advice would I give a friend who wants to build their confidence?
2. How does my body image affect my daily experiences?
3. What is one area of my life where I want to develop more confidence?