

I project confidence

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I am hopeful and strong. I stand tall and make eye contact. I set compelling goals and tackle new challenges. My confidence grows when I make personal development a top priority and follow through on my plans.

I leverage my strengths. I figure out what I excel at and what I like to do. I approach projects in a way that maximizes my capacities.

I think positive. I **focus on what I have to gain**. I look for opportunities instead of dwelling on losses. Optimism enhances my wellbeing and prepares me for success.

I face my fears. I take worthwhile risks and practice doing things that scare me a little. **Each time I break out of my comfort zone, I teach myself that I am capable of great things.**

I celebrate my achievements. When I think about the things that I have accomplished in my life, I feel excited about my potential.

I learn from setbacks. I evaluate my

performance and give myself a second chance. I am a winner as long as I keep learning and persevering. I assess the situation, change my strategy, and move forward.

I surround myself with supportive family, friends, and colleagues. They give me constructive feedback and boost my self-image. **Healthy relationships make me more resilient.**

Today, I build my confidence and pursue my dreams. I accept myself as I am and appreciate my worth.

Self-Reflection Questions:

1. What is the relationship between self-confidence and self-knowledge?
2. How does my appearance affect my confidence?
3. Why is it important to believe in myself?