

My confidence grows

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Each day I see more proof that I can handle the challenges in my life. I understand my strengths and skills. Remembering my accomplishments helps me to see myself in a positive and realistic light. I select projects that are suited to my unique talents.

I manage my emotions. I take responsibility for my life. I think before I act. I acknowledge my doubts and fears while making decisions that help me to reach my goals.

I project confidence. **When I look assured, I feel stronger and friendlier.**

I take worthwhile risks. I venture outside of my comfort zone. I learn a new sport or take cooking classes. I resolve conflicts instead of backing away. I speak up in business meetings and present proposals to my boss.

I repeat positive affirmations. I choose words that inspire me and encourage a growth mindset.

I accept myself as I am. I pursue my own

definition of success rather than comparing myself to others. I am authentic at work and at home.

I allow myself to be vulnerable. My relationships are based on honest and open communication. I trust my family and friends. I love myself even when I fall short of expectations.

I pick myself back up when something shakes my confidence. I analyze my experiences and apply what I learn. I keep moving forward.

Today, I believe in myself and my abilities.

Confidence is a skill that I strengthen with consistent effort and practice.

Self-Reflection Questions:

1. How does feedback from others affect how I feel about myself?
2. What is the difference between confidence and arrogance?
3. What is one area of my life where I want to be more confident?