

Raise Your Self-Confidence Awareness

The first step in developing self-confidence is to identify your abilities and other positive attributes. Complete the following statements with a variety of different skills and attributes,

1. Something I do well is _____.
2. Something I do even better is _____.
3. I am proud that I _____.
4. My greatest strength is _____.
5. I have the power to _____.
6. I was able to decide to _____.
7. I'm not afraid to _____.
8. Something that I can do now that I couldn't last year _____.
9. I have accomplished _____.
10. If I want to, I can _____.
11. My greatest achievement is _____.

This activity highlights the many talents you possess. Concentrate more on developing this list rather than spending valuable time worrying about what you haven't done or don't think you can do.