



SELF CONFIDENCE

CHALLENGE: How many questions can you answer!

What is something you can do that you feel proud of?

How do you feel when you try something new?

How does it feel when others can do something you can't?

Do you feel comfortable being yourself around others?

What is a time when you felt really confident?

Are there any things you wish you could do better?

What helps you when you lack confidence?

How do you celebrate your achievements - big or small?