



CONFIDENCE TIPS



CONFIDENCE CHECKLIST

- ☒ Believe in yourself
- ☒ Focus on your strengths
- ☒ Take small steps
- ☒ Keep a positive mindset
- ☒ Celebrate progress



CONFIDENCE TIPS

**BELIEVE.
ACHIEVE.
SUCCEED.**

Confidence helps you overcome challenges, try new things and reach your goals. It's a skill you can build. Use these tips to grow your confidence and feel more in control of your future.

BUILD YOUR CONFIDENCE



Focus on your strengths

Identify what you're good at and be proud of your achievements.



Set small, achievable goals

Make a plan and celebrate each milestone.



Challenge negative thoughts

Replace self-doubt with positive, realistic thinking.



Keep learning

New skills and knowledge build confidence and create opportunities.



Look after yourself

Get enough sleep, eat well and take time to do things you enjoy.

CONFIDENCE IN ACTION



Speak up

Share your ideas and opinions, even if it feels daunting at first.



Surround yourself with positive people

Spend time with people who support and encourage you.



Step outside your comfort zone

Try new experiences and see challenges as opportunities.



Be prepared

Preparation builds confidence and helps you feel in control.



Believe in yourself

You have the skills and potential to achieve great things.

TOP CONFIDENCE TIPS



1

Start small

Take one step at a time.

2

Focus on progress

Celebrate how far you've come.

3

Be kind to yourself

Everyone has setbacks. Keep going.

4

Use positive self-talk

"I can do this."

5

Visualise success

Picture yourself achieving your goals.

6

Take action

Confidence grows when you do.

THINGS TO REMEMBER

- ✓ You are capable.
- ✓ You have something valuable to offer.
- ✓ It's ok to make mistakes.
- ✓ Confidence takes time, but it grows with practice.
- ✓ You are stronger than you think.

COMMON CONFIDENCE BARRIERS

- ✗ Comparing yourself to others
- ✗ Fearing failure
- ✗ Negative self-talk
- ✗ Lack of experience
- ✗ Overthinking

Don't let these hold you back.
You have the power to change your mindset.



YOUR NEXT STEPS

- ➔ Choose one area to work on today.
- ➔ Set a realistic goal.
- ➔ Take positive action.
- ➔ Keep track of your progress.
- ➔ Be proud of yourself!



QUICK CONFIDENCE BOOSTERS

- ★ Stand tall with good posture.
- ★ Smile more.
- ★ Use confident body language.
- ★ Speak clearly and calmly.
- ★ Focus on what you can control.



DOWNLOAD THIS RESOURCE

Use it to build your confidence and achieve your goals.



TOP TIP

Confidence isn't about being perfect — it's about believing in yourself and taking the next step.

