

Confidence Corner

Need a confidence boost?

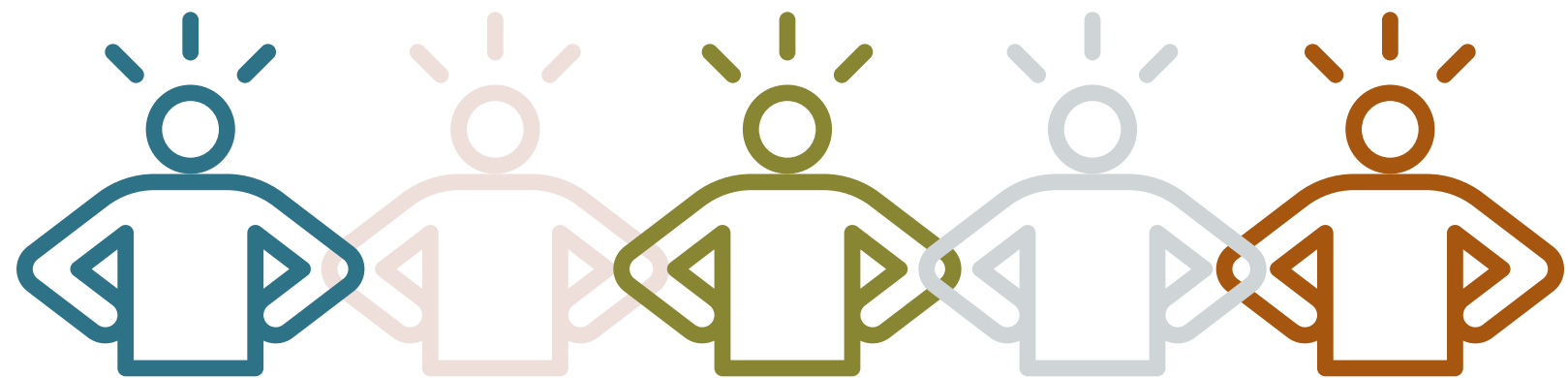
Thinking about our days (or ourselves) as "all bad" or "all good" are examples of "all or nothing" thoughts. The negative thoughts can especially feel very real, very big, and very overwhelming.

Give yourself a confidence boost with the worksheet below.

Reminding our mind that we are *awesome* can be simple yet effective.

Writing it down helps us double down on the awesomeness.

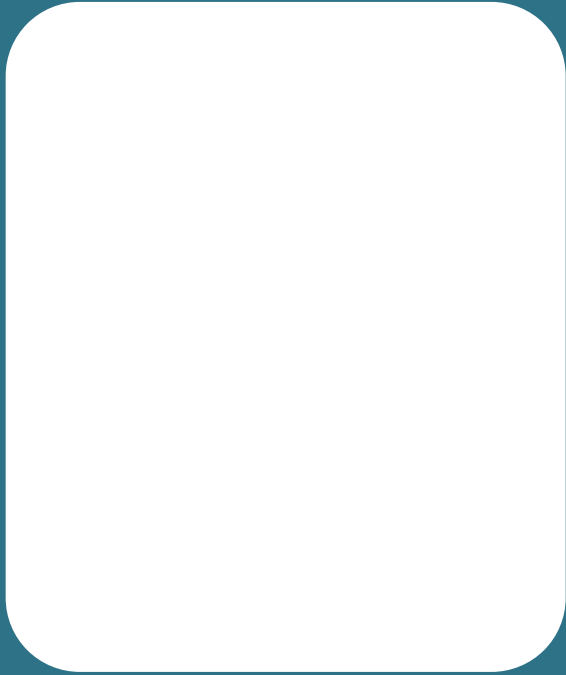
Save this confidence corner for when you're feeling like you need a dose of confidence.



Confidence: a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.

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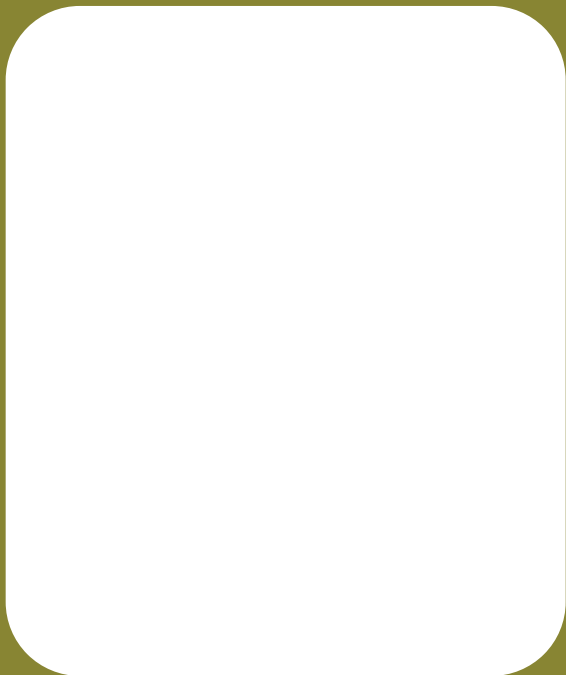
Something I Love



Something I am
Good at



Something that Makes
Me Feel like *Me*



Something I Love
About Myself

