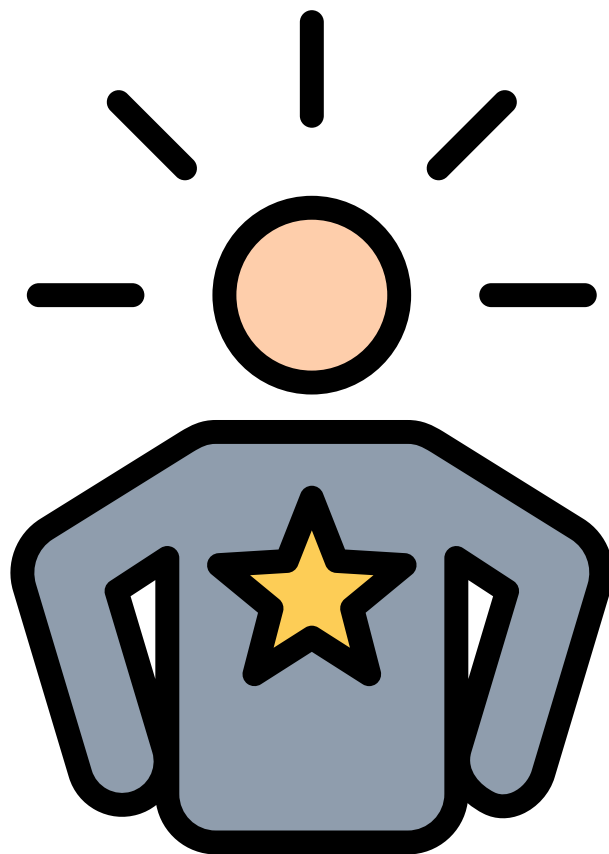


building your self confidence



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Confidence refers to a feeling or belief that you have about your ability to accomplish a task or achieve a goal.

It's not something that comes naturally to most people. It takes practice to get good at feeling confident!

Grief can rob you of confidence in yourself, but there are several ways you can boost your self-confidence like:

Remembering past experiences and successes

Reflecting on past accomplishments can build confidence in your current abilities and skills

Practicing positive self-talk

believing in yourself and having a positive self-image can contribute to confidence.

Receiving support and encouragement from others

Preparing and planning

Being well-prepared and having a plan can increase feelings of confidence, because it reduces uncertainty and anxiety.

Practicing self care and compassion

Being kind and compassionate towards yourself can help improve overall well-being, which can in turn contribute to feelings of confidence.

Gaining specific knowledge and skills

Being knowledgeable and skilled in a specific area can lead to confidence in those abilities.

Identifying and exploring your strengths will naturally develop your confidence, but it's worth noting that just like any other feeling, you won't feel it all the time. Your confidence can fluctuate over time depending on the context or situation.

Discover Your Strengths

What top three strengths can you identify right now?

How are you using these strengths in your current life?

Do you ever use combined strengths to accomplish something? How

What strengths would you like to develop?

What would you need to think or believe for that to happen?

Overcoming a Challenge

List a challenge you're facing right now:

Which strength would support you best in facing this challenge?

Do you ever use combined strengths to accomplish something? How

What strengths would you like to develop?

What would you need to think or believe for that to happen?