

THE CONFIDENCE BOOSTER

TODAY YOU ARE YOU, THAT IS TRUER THAN TRUE,
THERE IS NO ONE ALIVE WHO IS YOUER THAN YOU! - DR. SEUSS

You are doing an awesome job! That's why you should work through these activities whenever you need to remind yourself of reasons to like YOU.

If you were your own best friend, how would you describe yourself?
List as many things that you can think of here!

I am _____

I am _____

I am _____

I am _____

I am _____



Want to keep going? Finish your list here ...

List 5 things that you're proud of...

1. _____

2. _____

3. _____

4. _____

5. _____

List 5 things that you are good at...

1. _____

2. _____

3. _____

4. _____

5. _____

THE CONFIDENCE BOOSTER

TODAY YOU ARE YOU, THAT IS TRUER THAN TRUE,
THERE IS NO ONE ALIVE WHO IS YOUER THAN YOU! - DR. SEUSS

HOW DO YOU FEEL ABOUT YOURSELF RIGHT NOW?

Remember that you can repeat this exercise as many times as you like. It's important to remind ourselves what we are proud of and what we like about ourselves from time to time. Try to do it at least once a month and reflect on what happened during the last month to make you feel pleased with yourself.

