

Confidence Builder

What qualities enabled you to survive the difficulties in your life?

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What are your talents/ gifts?

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What do others like about you? Have you asked them?

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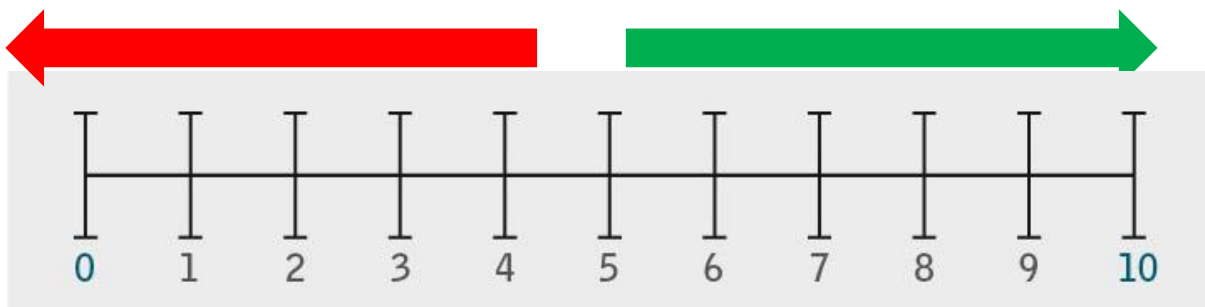
What is it that you like about yourself?

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How critical are you about yourself? Why?

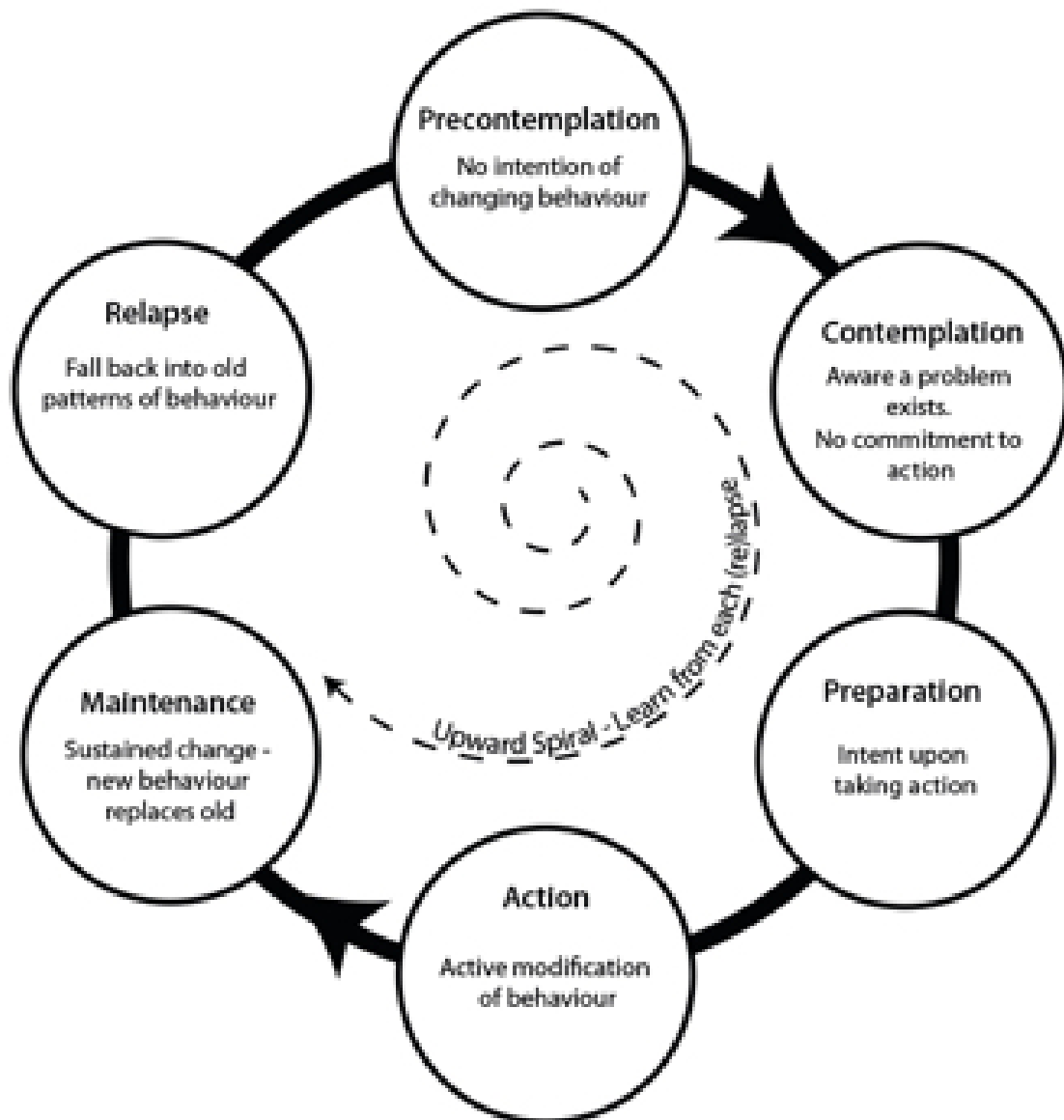
Very self critical

Very self positive



Motivation

Stages of Change:



Listing **3** small goals a day/ week can help to boost motivation.

Don't forget to reward yourself for the small achievements!

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