

Self Confidence Reflection

RECALL A TIME WHEN YOU FELT CONFIDENT AND EXPERIENCED A SENSE OF SELF-WORTH.



NOW, TRY TO REMEMBER A SITUATION WHEN YOU FELT THAT YOUR SELF CONFIDENCE WAS LOW.

1. How would you describe the situation? What is happening?

2. What are you saying to yourself about the situation (self-talk)? What tone does your self-talk have? What kind of language are you using?

3. What physical sensations and feelings are you aware of?

4. What do you do as a result of this?

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4. What do you do as a result of this?

1. What positive statement could you say to yourself to be reminded of your power?

2. What could you do next time that would help you feel differently, and what actions would empower you?