

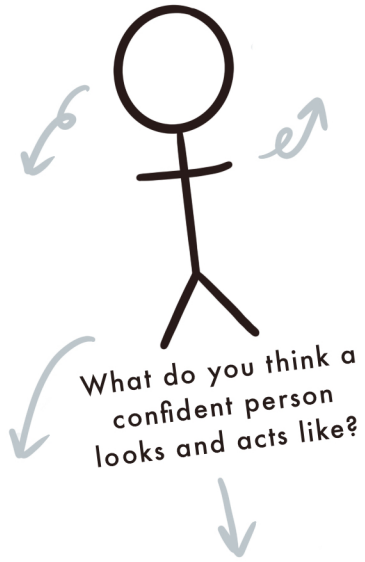


HOW TO HELP: CONFIDENCE

Confidence is believing in, understanding and accepting yourself. It doesn't necessarily mean being outgoing or loud. You can be quiet and still be confident. Just because someone is the life and soul of the party, it doesn't mean they're confident.

WHAT IS YOUR CONFIDENCE LEVEL...? AND WHY?

high



Here are 5 'Ps' that can help to grow confidence:

Praise - celebrate the things you enjoy and that you do well.

Persistence - try, try and try again. We all get knocked back. Get back up, dust yourself off and go again. Messing up is normal!

Progress - when we make mistakes or things don't go to plan there will be loads you can learn, so that next time is better.

Practice - when we spend time learning and repeating something, the more we understand and the more we 'get it'. Therefore, we become more confident.

Preparation - if you have ever prepped for an exam or test then you'll know that prepping can give you a bit more confidence as you head into it, and that if you haven't prepped that you might feel more panicked. Spend time getting ready for new or scary situations and you'll reap the benefits.

EVERYONE HAS STUFF THEY DON'T FEEL CONFIDENT ABOUT. YOU'RE NOT ALONE!

Does your confidence level ever change?

low

WHAT THINGS KNOCK YOUR CONFIDENCE?

E.g bad results at school, something unkind someone says about you, making a mistake, negative comments on social media

YET

THERE IS MORE TO COME

Your talents, abilities and skill set are not fixed.
You can grow.

HINT

When faced with a new situation we often don't feel confident. However, the more we try new things, the more likely we are to build confidence.

If a new situation scares you, think about what things you could put in place to help.

For example, do whatever it is with someone you trust, practice beforehand, get a good night's sleep, pray or get all you need ready.

REFLECTIONS

What activity/sport/
task/relationship have
you tried out that
challenged you?

What is one negative
thing you tell yourself?
Write it down then cross it
out.

Think of something that
didn't go well, what did
you learn from this
experience?

What is something
positive you can tell
yourself when you
don't feel confident?
Eg. I am loved

Christians believe in a God who loves us and who is there for us no matter what. The fact that there is someone who has always got our back even if things go a bit wrong and who we can put our hope in, builds confidence. Why not try writing out a prayer asking God to help you find true confidence?

A BLESSING

May you be infused with strength and purity, filled with confidence in the presence of God. **1 Thessalonians 3:11**