



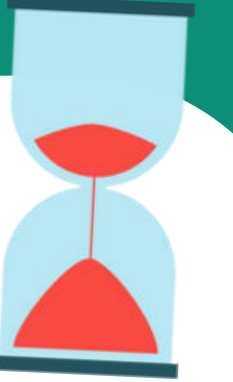
1. To improve your self-confidence, first get specific on what exactly your goal is.

- ▶ Rather than writing a vague goal like "*I want to be more confident in social situations,*" aim for something more specific, such as "*The next time I go to a social event, I want to strike up a conversation with a new person.*" Think about one specific goal you can take to grow your self-confidence:



2. Next, choose one of your recent accomplishments, no matter how small.

- ▶ Write down the steps you took to achieve it and the challenges you faced along the way. Recognise the effort you put in and the progress you made. How does acknowledging your accomplishment boost your self-confidence?



3. Identify an area where you often doubt your abilities.

- ▶ Commit to taking action in this area regularly, even if it means making mistakes. Write about a recent experience where you pushed through self-doubt by taking action. How did this impact your self-confidence?

