



Some sources of confidence

What do you value about yourself? What are you proud of?

One way to build your confidence is to keep a list of your good qualities and the things you have achieved. You can review this list when you need to remind yourself that you have reason to be confident.

Remember that what you learn in one area of your life can be applied to another. If you got through a time of high personal stress and managed well, you can likely deal well with stress at work. If you can do three things at once as a parent, you can probably juggle a busy job. If you have been a trustworthy and supportive friend, those same qualities will make you a good co-worker.

My reasons to be confident:

1. **My achievements** (at work, school, home, or in the community, your skills, knowledge, and successes.)

2. **My qualities** (your positive values and personality traits.)

3. **My roles** (roles you have taken on that you value: parent, friend, community volunteer, neighbour, mentor...)

Work on your list over several days, adding things as you remember them. Then read it over. Does it give you a new view of yourself?