



What is confidence?

Confidence is believing in yourself and your ability to take on a challenge and succeed. True confidence is realistic. It's based on understanding both your strengths and your weaknesses. Above all, it's based on the belief that you are able to learn new things and grow as a person.



Confidence is believing in yourself—in what you can do now, and in what you can learn to do tomorrow.

Confidence helps us to succeed in our goals by giving us the courage to try. It doesn't mean we believe we will always succeed! Confidence means being less afraid of failure. When you're confident, you know you will be able to recover from a setback – and learn from it.

Confidence is something you can work on and build.



Let's talk about it

- What does confidence mean to you?
- What sorts of things help you feel more confident?
- What are some situations where you need confidence the most?
- Why can it be hard to feel confident? Why can it be hard to show others that you feel confident?

A place for your notes:
