

Confidence-Building Diary

Our confidence and motivation can go up and down. Telling yourself every day about something **GOOD** and **POSITIVE** you have done using your English will increase your confidence, give you a boost when feeling nervous, and motivate you to continue through even the most difficult times.

In this diary, write something good and positive about learning and using your English that you noticed this week. This can include anything (online, offline, alone, with others), *even an area you might be worried about*. Consider how this makes you **feel** about your ability to use and learn English successfully. Make an effort to see the positive results of the learning activities you decide to focus on.

example

Day 1: *"I went to the conversation area and enjoyed talking with a teacher."*

"I was able to use new words I had learned in class in the conversation!"

"I felt happy because I could really notice my progress from two weeks ago!"

<u>"GOOD" & "POSITIVE" experiences using and learning English</u>	
Day 1	Activity: Feelings:
Day 2	Activity: Feelings:
Day 3	Activity: Feelings:
Day 4	Activity: Feelings:
Day 5	Activity: Feelings: