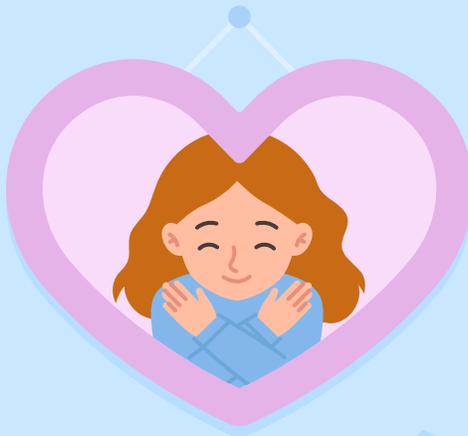


Building Confidence

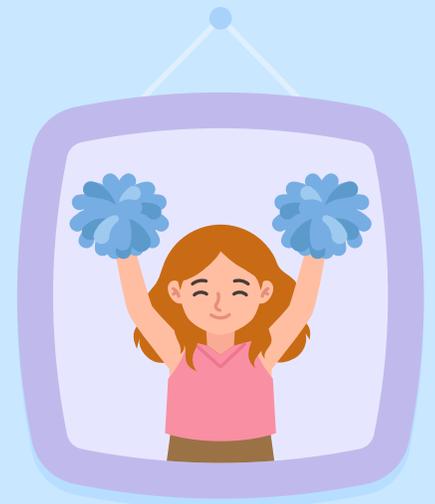
When we feel confident, we trust and feel good about ourselves, including our abilities. Confident people are more likely to try new things and try again when they fail or things get challenging. To build



Speak up for yourself



Have self-compassion



Practice persistence—
be your own



Use positive self-talk



Give yourself
opportunities to succeed