

TOOLS FOR A STRONGER SELF CONFIDENCE

1. Emphasize the good things and not the bad things about yourself.
2. Celebrate the positive aspects about yourself.
3. Learn from every experience you have.
4. Set realistic and achievable goals that you can accomplish.
5. Take risks by trying new and different ideas or approaches.
6. Education is a lifelong process.
7. Celebrate each day for the gift it presents.
8. Embrace life's change as part of your life history.