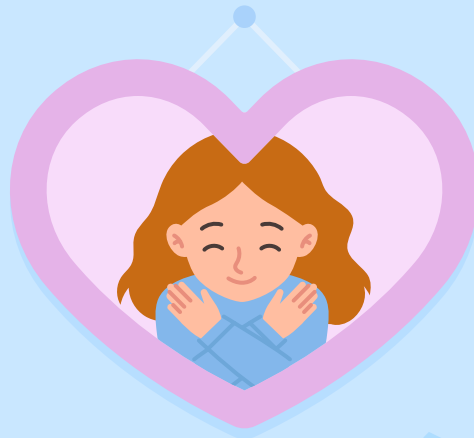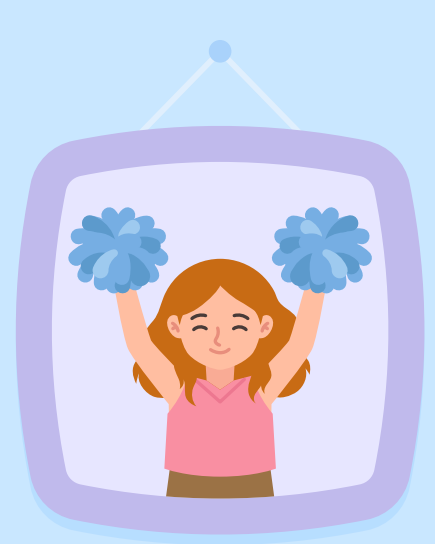# Building Confidence

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 confidence:
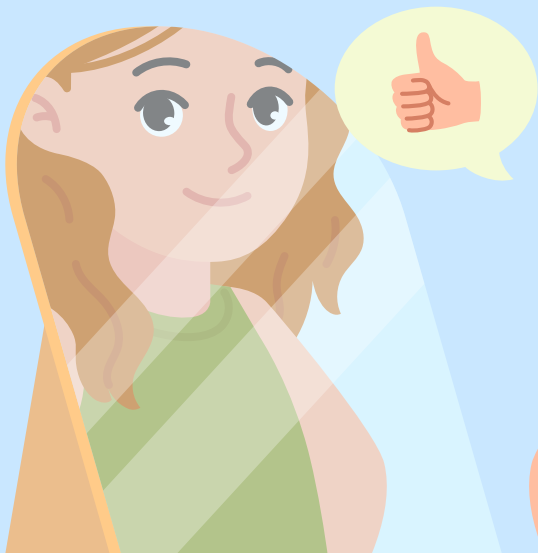
Have self-compassion

Speak up for yourself

Practice persistence— be your own cheerleader!

Use positive self-talk

Give yourself opportunities to succeed