

Words of the Day😊

Self- concept is the view you have of yourself.
Also called self-image.

Self- esteem – is your ability to like and
respect yourself. Also called self-confidence.

Benefits of Self-Confidence😊

- ✓Willing to try new things
- ✓Positive attitude – Never give up attitude
- ✓Strong decision maker and problem solver
- ✓Think for yourself – Not easily pressured
- ✓Less peer pressure
- ✓Handle disappointment and failure in a positive way

Tips for improving confidence😊

- ✓ Focus on your strengths.
- ✓ Learn from your mistakes.
- ✓ Set realistic goals.
- ✓ Be your best NOT the best.
- ✓ Surround yourself with positive people.
- ✓ Accept compliments & encouragement