

**Create your Confidence Chart –**

- \* 4 achievements you are proud of
- \* 4 setbacks you handled well
- \* 4 challenges you have overcome

- \* 4 strengths or skills you have learnt
- \* 4 compliments from others
- \* 1 thing you love about yourself

Achievements you are proud of	Achievements you are proud of	Achievements you are proud of	Achievements you are proud of
Setbacks you handled well	Setbacks you handled well	Setbacks you handled well	Setbacks you handled well
Challenges you have overcome	Challenges you have overcome	Challenges you have overcome	Challenges you have overcome
Strengths/skills you have learnt	Strengths/skills you have learnt	Strengths/skills you have learnt	Strengths/skills you have learnt
Compliments from others	Compliments from others	Compliments from others	Compliments from others