

# Habits for keeping confident

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| <p><b>1</b> <b>Treat yourself kindly</b><br/>Make sure the voice in your head is fair and kind to you</p>              | <p><b>11</b> <b>Donate or do something for a good cause</b><br/>Notice how you feel better</p>                             | <p><b>21</b> <b>Challenging times</b><br/>What would your confident future self do?</p>  |
| <p><b>2</b> <b>Give yourself recognition</b> - in your way - for what you've achieved today</p>                        | <p><b>12</b> <b>Repeat an affirmation to yourself</b> e.g. I believe in my skills and abilities</p>                        | <p><b>22</b> <b>Instead of worrying - be proactive</b><br/>Turn your concerns into action</p>  |
| <p><b>3</b> <b>Remember a moment of success</b><br/>Let that memory influence your approach today</p>                  | <p><b>13</b> <b>Assert your views when you feel strongly</b><br/>Avoid bulldozing or keeping quiet</p>                     | <p><b>23</b> <b>What exercise leaves you feeling good?</b> Include that in your day - lunchtime walk, yoga, cycling</p>              |
| <p><b>4</b> <b>Notice your feelings</b><br/>Ask yourself 'What do I need right now?'</p>                               | <p><b>14</b> <b>Consider what you learn from a setback</b><br/>What good comes from it?</p>                                | <p><b>24</b> <b>What are your values?</b><br/>How will you put them into practice today?</p>   |
| <p><b>5</b> <b>Tricky situation?</b><br/>Treat yourself the way you would a good friend facing that same situation</p> | <p><b>15</b> <b>Validate yourself</b><br/>Compare yourself with yourself - not others. You know your own progress</p>      | <p><b>25</b> <b>In moments of worry or anxiety</b><br/>tell yourself 'I can handle this' and trust that you will be able to cope</p> |
| <p><b>6</b> <b>Take a 'glass half full' approach</b><br/>Focus on what's going well</p>                                | <p><b>16</b> <b>Create a long list of everything you feel glad about</b><br/>Keep adding to it</p>                         | <p><b>26</b> <b>Focus on what motivates you</b><br/>What drives you into action?</p>   |
| <p><b>7</b> <b>Keep learning</b><br/>Learn something new today</p>   | <p><b>17</b> <b>Reach out to someone who needs help</b><br/>Ask for help if you need it</p>                                | <p><b>27</b> <b>Pace yourself</b><br/>Get the pace right for you</p>   |
| <p><b>8</b> <b>Soothe away any tension or upset</b><br/>What do you need to be calm and get back on track?</p>         | <p><b>18</b> <b>Treat yourself with respect</b><br/>Be fair and reasonable with yourself just as you would with others</p> | <p><b>28</b> <b>Who enables you to feel good about yourself?</b><br/>Seek them out and keep their influence with you</p>             |
| <p><b>9</b> <b>B-R-E-A-T-H-E</b><br/>Take 5 minutes so you can keep calm and carry on</p>                              | <p><b>19</b> <b>Manage your thoughts</b><br/>Focus on what's actually happening right now</p>                              | <p><b>29</b> <b>Stamina</b><br/>Commit to reasonable goals and keep going!</p>   |
| <p><b>10</b> <b>Start a list of things you value about yourself</b><br/>Keep adding to it</p>                          | <p><b>20</b> <b>Appreciate your health</b><br/>Value something about your body that you take for granted</p>               | <p><b>30</b> <b>Watch body language</b><br/>Copy how confident people present themselves</p>   |

## Keep track of your progress



Tick each day that you have practised one or some of these habits  
Or, note the number of the habit for the day

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