

What makes me feel confident?

Situations where I feel confident (example)

Situation	Why I feel confident
Speaking in front of others	<p>Thoughts: I know my subject I am well prepared I like to pass information and experience on to others</p> <p>Feelings: Relaxed Calm Safe</p>

Situations when I feel less confident (example)

Situation	Why I feel less confident	What action could I take to feel more confident
Speaking in front of others	<p>Thoughts: What if I go blank! They might judge me on how I look</p> <p>Feelings: Anxious Self-conscious</p>	<p>Make sure I know my subject and practice beforehand</p> <p>Be more self-accepting most people won't be looking at you, they will be listening</p> <p>Practice breathing. Challenge truth of negative thinking</p>