



# Confidence Roadmap: Building Confidence One Step at a Time

## What is Confidence?

Confidence is not about being perfect. It is about trusting yourself and being willing to try new things.

Everyone builds confidence through practice and experience.

## Understanding Self Talk

Negative self-talk can make you doubt yourself.

Positive self-talk helps you stay motivated and believe in your ability to improve.

## Confidence Through Small Wins

- Introduce yourself to someone new
- Ask a question in class or at work
- Try a new activity

## Body Language

- Stand tall
- Make eye contact
- Speak clearly
- Slow your breathing if you feel nervous

## Speaking Up

Think about what you want to say, speak slowly, and remember that it is okay to pause and take a breath.

## **Confidence Action Plan**

Goal:

Steps to achieve it:

- 1.
- 2.
- 3.