Name _____

Boosting Your Confidence: Tips for Feeling Better About Yourself

Open-Ended Response Questions

1. Can you think of a time when you achieved a goal and felt proud of yourself? How did that make you feel?

2. How do you think surrounding yourself with supportive friends can make you feel more confident?

3. Why do you think it's important to be kind to yourself and practice positive self-talk?

4. Can you share a self-care activity you enjoy and how it helps you feel better about yourself?

© ReadingDuck.com