

Name _____

Boosting Your Confidence: Tips for Feeling Better About Yourself

Short Answer Key

1. "I believe in myself and my abilities."
2. Celebrating achievements can reinforce your belief in your abilities and boost your self-esteem.
3. Learning from mistakes helps you grow and improve, which can increase your self-confidence.
4. Engaging in activities you enjoy, like reading, drawing, or playing a musical instrument.

