

Name _____

Becoming the Superhero of Confidence: Unleash Your Inner Power

Short Answer

1. Explain the concept of setting achievable goals and why it is important in building confidence.
2. How can practicing self-compassion benefit your journey to becoming more confident? Provide an example of a situation where self-compassion can make a difference.
3. Describe a fear or challenge you have faced recently and the steps you took to confront it. How did facing this fear impact your confidence?
4. What is the significance of maintaining a growth mindset in building confidence? Provide an example of how a growth mindset can turn setbacks into opportunities for improvement.
5. How can surrounding yourself with positivity contribute to your confidence-building journey? Share an experience where positive support from others influenced your self-belief.

