

## Building Confidence

These are the first steps to building up your confidence and starting to get to where you want to be. You can use these tips to help you gain in confidence and feel better about yourself. To help keep yourself on track, why not download and print this help sheet and keep it with you, or put it somewhere you can look at it every day...

Try them out, record your achievements and keep pushing forward!

### Tip 1 - Do something you love...

Pursue an interest that you have always wanted to - this could be anything from starting a new course or picking up an instrument to rock climbing! Not only will this completely distract you for hours but it creates a huge sense of achievement and where better to record that than on your My Personal Best record? Need some convincing? There are plenty of groups where you will find people with similar hobbies and so it is a great opportunity to socialise without too much pressure as you have a common interest to talk about.

### I tried it...

*"I've been learning the guitar for a couple of weeks and have nearly (and slowly) played something that sounds musical! I am very proud of this achievement and my next step is to play the full song. Luckily I have found out some people at work have been playing a lot longer and so have been offering me tips and advice"* Emma, 17

### Tip 2 - Do something for someone else...

It is easy to get caught up in how you're feeling but take time to consider others too. This can be something as small as paying someone a compliment, offering to help with a task or listening to someone who needs to talk. Every day you can make a little effort with family and friends and it is a great way to build relationships and feel good about yourself.

You could even do some voluntary work - everyone has a skill or attribute that can be put to good use and it is often a fun and rewarding experience you can feel proud of.

### I tried it...

*“I started to volunteer at a hospital because I studied psychology at university and wanted to learn more about working with patients. It’s something that I continue to do because I get a lot of personal satisfaction out of it and can refer to it for future work opportunities.” Jade, 21*

### Tip 3 - Do take care of yourself...

Self-esteem issues stem from a deep unhappiness with the way you are and more often than not lead to people punishing, instead of caring for themselves, which in turn makes them unhappy.

It can be a difficult cycle to break so start small and make time for yourself everyday - do something you enjoy, something that relaxes you... A walk, a bath, a silent disco with your i-pod.

It’s important to realise that you have to sometimes put yourself first. You don’t need to please everyone all the time and no-one expects you to.

Look at your achievements on your Personal Best Challenge Plan - you should reward yourself for the progress and effort you have made.

### I tried it...

*“My favourite part of the day is walking my dog Colin. We are lucky enough to live near some fields and a little river and so I spend some time with my dog, my thoughts and the odd cow. The best part is I’ve done a favour for my parents and had some time to myself too.” Kelly, 22*