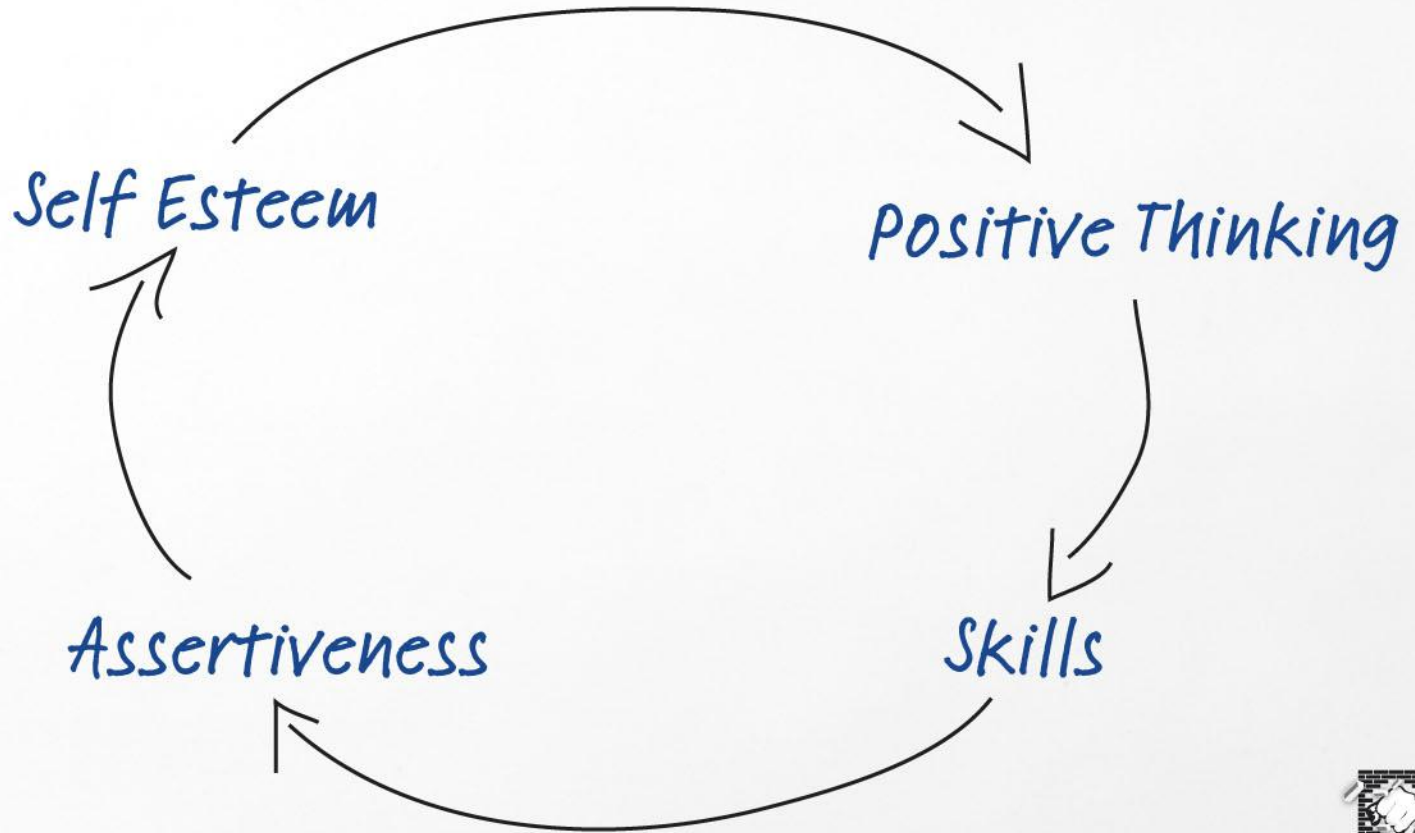


Self Confidence

Assertiveness
& Self Esteem



Self Confidence



Myths

You are born with self confidence

If your self confidence has been destroyed, it's gone for good

I'll know I have self confidence when I am sure I'll succeed at something new



Continual Improvement

positive thinking



self perception

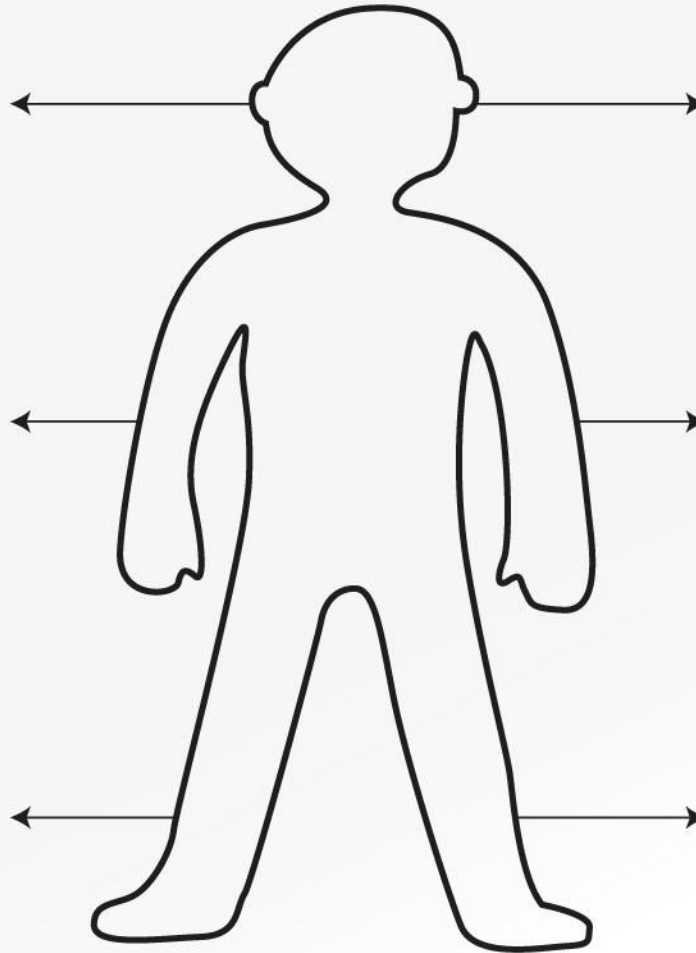
believing we are worth it

feeling secure in ourselves

self confidence



Exercise 1 – what does Self Confidence mean to you



appendix 34

	How do you Rate Yourself	Bronze	Silver	Gold
1	As a boyfriend/girlfriend	★	★	★
2	As a friend	★		★
3	As someone who will really listen to their mates	★	★	★
4	As someone who cares			★
5	In social situations	★	★	★
6	In fulfilling your aspirations	★	★	★
7	In dealing with difficult situations	★	★	



Costs

1/3 Visible

Waste

2/3 hidden

Rewards

Reputation



Balance



Self Esteem in Practice

