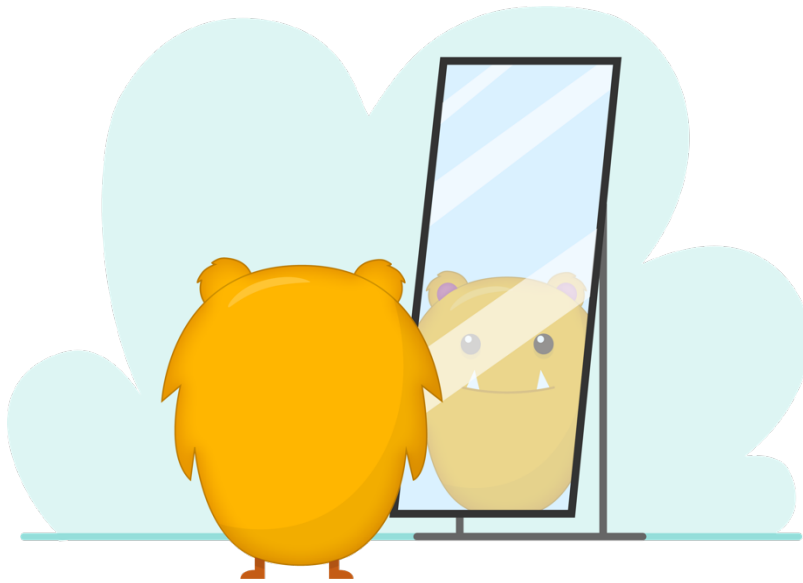


Building Self-Confidence Ideas Sheet



1. **Set a Challenge.** Create a challenge for yourself that you can complete such as learning yoga, taking up a new workout or inviting friends over. You need to make this challenge something that interests you, so you don't dread it. Make sure it is fun and isn't going to cause you stress.
2. **Pay special attention to your hygiene.** Take a shower, get a haircut, brush your hair. Doing these things will make you feel better about yourself especially if you are having a rough day.
3. **Try to avoid people and places that make you feel bad about yourself.** Putting yourself in a situation around people that make you feel bad about yourself isn't healthy and it can really hurt you. For example, if you are losing weight and your friends start telling you, you are getting too skinny or you aren't losing weight fast enough isn't fair to you. You need to distance yourself from the toxic relationships. You need to put yourself around others that will support your goals.
4. **Do more of the things you love and enjoy.** Try to do one thing you enjoy every day.
5. **Talk to friends and family about the struggles you are having.** They may be able to give you advice and the support you need to overcome your challenges.

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