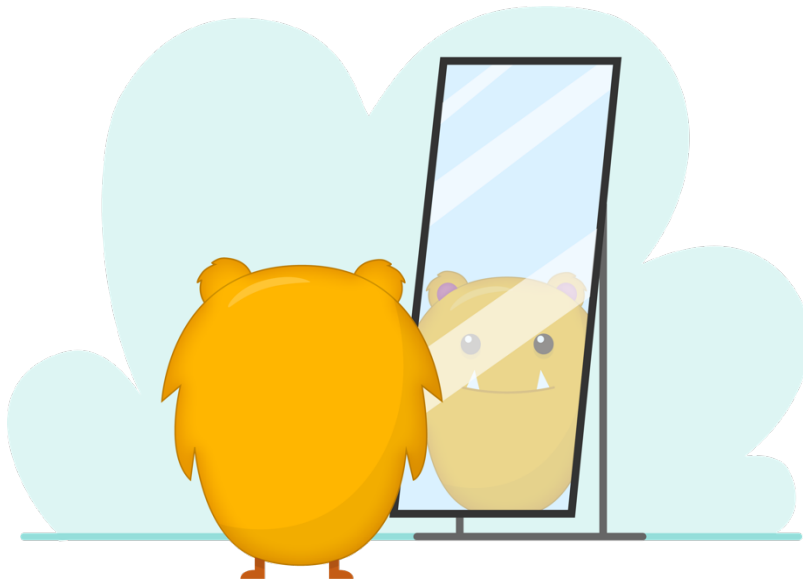


Building Self-Confidence Worksheet



1. **Set a Challenge.**
2. **Pay special attention to your hygiene.**
3. **Try to avoid people and places that make you feel bad about yourself.**
4. **Do more of the things you love and enjoy.**
5. **Talk to friends and family about the struggles you are having.**

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