

My Confidence Shield

This shield can help you to remember all the good stuff about you. It's like a little reminder that you've already done great things, you've got people who care about you, and your strengths.

When you believe in yourself, it's easier to try new things, speak up, and feel proud of who you are!

What Goes in Each Section:

1. My Strengths

Draw or list 3 things you're good at or proud of.

2. My Positive Qualities

Describe 3 positive personality traits.

3. People Who Support Me

Write or draw 2-3 people you trust who make you feel good.

4. Achievements I'm Proud Of

List or draw 2-3 moments when you felt proud.

My Strengths:

My Positive Qualities:

People Who Support Me:

Achievements I am proud of: