Confidence Building Activity

- Make a list of 30 positive attrubutes

Positive Attrubutes

Loyal	Imaginative	Compassionate	Reliable
Honest	Optimistic	Adventurous	Determined
Brave	Open	Disciplined	Forgiving
Fair	Confident	Cooperative	Thoughtful
Loving	Conscientious	Self-Aware	Effective
Polite	Agreeable	Trustworthy	Creative
Smart	Flexible	Responsible	Calm
Kind	Courageous	Energetic	Considerate
Humble	Humorous	Successful	Friendly
Fun	Generous	Intellegent	Dependable
Patient	Punctual	Resourceful	Ambitious

add your own...

- Create I am statements from your list

- Rehearse those phrases morning and night (read it outloud!)

*** Bonus points if you create an 'I am' poster