



WHAT CAN YOU DO TO FEEL GOOD ABOUT YOURSELF?

I enjoy making new friends. Surrounding myself with positive people helps me feel good about myself. My friends support and encourage me.

- Frecia, 5 Resilience

WORDS OF ADVICE

- Never compare yourself with others
- Some days you might feel that you never get anything right. Tell yourself, "It's alright. I can always try again."

Keep
C.A.L.M
&
Give

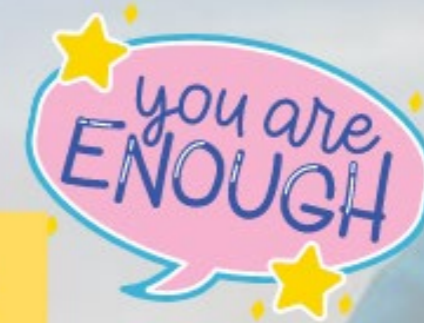


POSITIVE
VIBES





WHY IS IT IMPORTANT FOR YOU TO BE CONFIDENT OF YOURSELF?



Having greater confidence allows you to be free from self-doubt and negative thoughts. It is important for us to be confident as it gives us the courage to try new things.



Keep
C.A.L.M
&
Give

WAYS TO BUILD CONFIDENCE



Hnin Cherry Thin
- 5 Self-Discipline

- Look at what you have achieved
- Think of things your good at or proud of
- Set goals to improve yourself
- Practise positive self-talk





Building Confidence in Yourself

Be Brave



Confidence is feeling sure of yourself and your abilities. Confidence is not about feeling superior towards others but rather, it is about having faith in yourself.

- Phua Jia En, 5 Resilience



BELIEVE IN YOURSELF



Having confidence makes you feel good about yourself. It also makes you a brave person and helps you step out of your comfort zone.

- Saw Eh Ywa, 5 Resilience

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