



CONFIDENCE BOOSTER

An important part of being self-confident is recognising your own strengths and positive personal qualities. Complete the following exercise. It is a great activity to do to boost confidence, and also to do /read regularly to maintain confidence.



Something I do well in football is.....

Something I do even better in football is.....

My greatest strength as a is.....

I am proud that I.....

My greatest strength as an individual is.....

I can help my teammates to.....

I have the power to.....

I was able to decide to.....

I am not afraid to.....

Something that I can do now that I couldn't do last year is.....

I have accomplished.....

If I want to I can.....

My greatest achievement is.....



Take time to read through your list. Imagine each of the situations that you have described.

You have many strengths and talents. Remember to focus on what you can do!