

# CONFIDENT



Tackle challenges with confidence.

**What it's about; what it does for us...**

...Feeling able to do what we need to do, it enables us to feel ready for the challenge.

**We feel this when...**

...we believe we are able to cope with what we have to do and we don't doubt ourselves.

**It makes us...**

...believe in ourselves and embrace challenges, thinking we can succeed.

STRETCHING ME  
QUADRANT

