

Practices for Building Self-Confidence

1. Focus on your strengths instead of your weaknesses.
2. Find something positive you like to do and practice until you do it well.
3. Don't tear yourself down; build yourself up.
4. Dare to be a little different.
5. Surround yourself with people who help you grow.
6. Replace fear of failure with clear pictures of success.

Adapted from A.L. McGinnis's "Twelve Rules for Building Self-Confidence"

SESSION 2

PRACTICES FOR BUILDING SELF-CONFIDENCE CARDS
(Ask youth what strategies they will practice. Give each youth a card and a key chain)

