**Complete the sentences below.**

**Write NO MORE THAN TWO WORDS for each answer.**

11. You can become more confident by using \_\_\_\_\_\_.

12. More confidence results in better \_\_\_\_\_\_.

13. A good strategy to build confidence is to get rid of negative memories of mistakes and failures and, instead, concentrate on \_\_\_\_\_\_.

14. Frequent \_\_\_\_\_\_ of positive imagery is necessary for success.

15. Mental positivity is not enough—you also have to act in a confident manner—so \_\_\_\_\_\_\_\_\_ is important too.

16. Setting and achieving goals results in brain activity that brings about an experience of \_\_\_\_\_\_.

**Complete the flow chart below.**

**Write NO MORE THAN TWO WORDS for each answer.**

Goal Setting

Set an \_\_\_17\_\_\_ goal.

↓

Decide on incentives.

↓

\_\_\_18\_\_\_ steps along the way.

↓

Gather \_\_\_19\_\_\_

↓

Take the first step.

↓

Keep a \_\_\_20\_\_\_.