

Believe in yourself

Everyone has moments where things feel tricky, new or a bit overwhelming. The goal? Help you build confidence in your own way, one small step at a time.

Notice what you're good at

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- Think about things you already do well. Remember that everyone is good at something
 - Remember the times you've tried something new
 - Be proud of small wins, not just big ones
 - Everyone has different strengths. Try not to compare yourself to other people.

Try things your own way

- Take your time when learning something new
- It's okay to ask for help when you need it
- Break big jobs into small steps
- Try again if something doesn't work the first time.



Feeling more confident

- Practice things in a way that feels comfortable for you
- Use routines to help you feel more ready
- Focus on what you can do, not what feels hard
- Remind yourself that learning takes time.

One thing for you to do

Think of one thing you're proud of yourself for doing this week.

You've got this

Some days will feel easy, and some won't. That's totally normal. Keep going, take your time, and remember you're learning as you go. Be proud of yourself for trying, even if something feels hard.

