

REDEFINING CONFIDENCE

WHAT DID YOU LEARN CONFIDENCE WAS?

MAYBE YOU LEARNED
IT MEANT...

- Speaking up
- Being brave
- Getting it right
- Doing it yourself
- Not needing help
- Keeping it together

BUT REMEMBER,
IT CAN ALSO MEAN...

- Knowing what you feel
- Taking your time
- Asking for help
- Trying again
- Making room for hard feelings
- Trusting yourself

WHAT DO YOU WANT TO PASS ON?

TAKE YOUR TIME. FEEL YOUR FEELINGS. ASK FOR HELP. TRUST YOURSELF.