

# “THE CONFIDENCE WALL”

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**Tangible achievements (exams, projects, jobs etc)**

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**Intangible achievements (what do friends think of you, what feedback do you get?)**

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**Skills and attributes (e.g. resilient, adaptable, resourceful etc.)**

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**Values (values are the base which feeds through to everything else)**

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To really convince yourself that you're a successful person who can continue to achieve great things, it may be helpful to take some time and reflect on all your achievements and what matters to you.

Commit to acknowledging your achievements and your brain will begin to tell you the truth... that you can do anything!

Whatever you think, you will find evidence in your past to convince you that you are right. By reflecting on all your achievements and positive aspects you will bring evidence to the front of what you can do and what your strengths are.

**Values:** your core beliefs. What is important to you? What drives you? These create the building blocks for everything you do. These create your base. Everything grows from here.

**Skills & Attributes:** what do people admire about you? What would your friends say about you? What are you good at?

**Intangible Achievements/Success:** Feedback you have received. Things you have done that you are proud with how you behaved. Things you feel good about.

**Tangible Achievements/success:** exams, jobs, projects, sporting achievements, awards,

Think small. Treat the wall as a 'work in progress'. Add to it whenever you think of something.

Each box should be filled with examples. It's not one example per box.

