**4.1. PRACTICAL ASSIGNMENT**

**Self-confidence collage**

**Objective.** To help you to know yourself better, to strengthen your self-esteem, to express yourself visually and to strengthen your self-confidence.

**What needs to be done?**

***Create a collage or drawing of what you associate with self-confidence.*** You can for the collageuse magazine clippings, photographs, quotes or cartoon illustrations , or you can draw or write the thoughts that are important to you.

Creating this work will allow you to reveal your deepest thoughts and feelings about yourself, your strengths and weaknesses. This can be a great opportunity to understand yourself and your values better.

You will visualise your dreams and aspirations related to self-confidence. This helps you to formulate clearer goals and motivates you to achieve them.

By creating such a work, it is possible to release and process various emotions related to self-confidence, such as fear, joy, pride.

As you observe your work, you will see strengths and achievements that may not have been so evident before. This helps build self-esteem and confidence.

**Remark:**

*You can hang the collage in a visible place. It can be a daily reminder of your strengths and achievements.*