**4.2. PRACTICAL ASSIGNMENT**

[**Self-Confidence Strengthening Journal**](https://courses.deps-skills.eu/mod/folder/view.php?id=977)

**Objective.** To help you recognise and build your self-confidence through creative activities and reflection.

**What needs to be done?**

**Create a self-confidence diary** - it can be a paper notebook, a digital document or a dedicated mobile app. The most important thing is that it is a place where you can write your thoughts, feelings and experiences.

**Daily tasks for the week**

|  |  |
| --- | --- |
| *1 day:* | Write about a time when you felt very confident. Describe the situation, what you did, how you felt and what specifically helped you feel confident. |
|  | |
| *Day 2:* | Write down three of your strengths and give examples of how they have played out in your life. How have these qualities helped you to succeed? |
|  | |
| *Day 3:* | Set one small goal you would like to achieve per week. It could be anything from taking a daily walk to learning a new skill. Describe why this goal is important to you. |
|  | |
| *Day 4:* | Imagine yourself in five years as a confident person. What do you see? Describe your life, daily activities, achievements and relationships. How will you feel when you are so confident? |
|  | |
| *Day 5:* | Create your own confidence mantra - a short, positive phrase you can repeat when you feel insecure or unsure of yourself. For example, "I am strong and capable of facing any challenge". |
|  | |
| *Day 6:* | Describe a situation in which you did not feel confident. Think about what you could do differently to feel more confident. How can you use your strengths in this situation? |
|  | |
| *Day 7:* | Look back on the week and reflect on how you did in achieving your goal, what confidence-building measures you tried. What did you notice about yourself and your confidence? |
|  | |

**Reflection:** *once a week, read through your entries and mark your achievements and progress. Reflect on what else you could do to further boost your confidence.*