

## How Self-Confident Are You?

The assessment I did helped me learn how I handle things and deal with challenges. It feels good to know I'm good at learning from what happens and staying positive even when things get tough. But it's also important for me to work on feeling more sure of myself, so I can keep feeling good and doing well.

Thinking about what the assessment said, I see how looking back at times when I did really well can make me feel stronger and more able to handle tough times. It's like seeing that I've done it before, so I can do it again! Instead of feeling down when things don't go right, I can see them as chances to get better.

It's also a good idea for me to be around people who are happy and sure of themselves. When I'm with them, I feel better too. Their positive energy helps me feel supported and like I can do anything. And when I see them doing well, it makes me think I can do well too!

And it's important for me to deal with stress in a good way. When I have good ways to handle stress, I can face challenges without getting too frustrated. Taking care of myself and staying calm helps me be strong when things get hard.

So, it's really about believing in myself, feeling happy about what I achieve, and being with people who make me feel good. If I keep doing these things, I know I'll keep getting better and feeling more confident.