



5 Ways to Build Confidence and Believe in Your Potential

Confidence isn't about being perfect. It's about recognizing your worth, learning from challenges, and having the courage to take your next step.

Every young person deserves the opportunity to feel seen, supported, and empowered to lead.

**Your voice matters.
Your story matters.
Your future matters.**



Dream
Grow
Lead



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1

Recognize your strengths

Identify three things you're good at or proud of.



TRY THIS: Write down one strength you used today.



2

Use your voice

Share your ideas, ask questions, and express yourself respectfully.



TRY THIS: Speak up once when you would normally stay quiet.



3

Learn from mistakes

Mistakes are opportunities to grow, not reasons to give up.



TRY THIS: Name one lesson you learned from a recent challenge.



4

Surround yourself with support

Seek out mentors and friends who encourage your growth and respect your identity.



TRY THIS: Reach out to someone who inspires you.



5

Celebrate small wins

Every step forward counts, even when progress feels slow.



TRY THIS: Celebrate one thing you accomplished this week.



CONTINUE THE PRACTICE

Take a moment to reflect:

What is one thing you want to believe about yourself, and what small action can you take this week to support that belief?

"You don't need to be someone else to become someone great."



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