



MENTORSHIP • GROWTH • WELLNESS

Small Steps, Stronger Mind

Care for Your Mental Wellness

Your well-being matters. You don't need to change everything at once. Small, intentional steps can help you feel more grounded, supported, and connected.

PAUSE

BREATHE

RESET

01

CHECK IN

Notice your emotions without judging them.

02

MAKE ROOM FOR REST

Take breaks and give yourself time to recharge.

03

REACH OUT

Connect with someone you trust.

“Progress begins when you give yourself permission to pause.”

A gentle reminder: you don't have to do everything at once. Small steps count.



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5 Practical Ways to Build Confidence

Choose one or two practices that feel realistic for you today. Growth can begin with one small action.

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.

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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