Confidence is a concept that you might struggle with the most—so how can you improve it? This video follows Pablo as he navigates his confidence and self-esteem in a range of contexts. By following five simple tips, you’ll see how setting goals, celebrating differences, persevering, and being constructive (instead of destructive!) will help you train your brain to be more confident!
Tips to Develop Your Confidence

Would you like to improve your confidence? Here are some handy tips to help you!

Tip 1: Re-evaluate your goals.

Tip 2: Don’t give up!

Tip 3: Turn down the volume on negative self-talk.

Tip 4: Be constructive, not destructive.

Tip 5: Believe in yourself and celebrate your differences.

STARTING SECONDARY SCHOOL
Don't Hate, Appreciate!

You can build confidence by appreciating yourself, others, and the world around you.

In the box below, write or draw some of the things you appreciate, or things that make you and your life special!

Remember - you're never going to be anybody else but you.

So celebrate yourself!
Confidence Boosters and Zappers

There are things that boost our confidence, and things that zap it.

For example, maybe you didn't get the marks you were hoping for on a recent class test? Or maybe a friend ignored you at lunchtime? These may be confidence zappers.

You might get a nice compliment, or finally master riding a bike after lots of practice. These are confidence boosters!

Write down some of your confidence boosters and zappers in the clouds below!

![Clouds for Boosters and Zappers]

Self esteem

Something that affects your confidence is self esteem. Self esteem is how you see and value yourself.

If you have good self esteem, you are more likely to have better relationships, better confidence, and do the things you’ve dreamed of (because you believe you’re worthy and capable of them)!

What do you think good self esteem looks like?

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![Human figure with self esteem icons]
The Confidence Tree

Confidence is like a tree. It’s always growing and it has many branches that make it whole.

So, what “branches” actually make up your confidence?

Here are the four main ones:

**Physical Confidence**
This is the confidence you feel about your body and its abilities.
It means you are willing to test your physical limits and have courage to try new activities.

**Self Confidence**
This is the belief you have in yourself.
It’s what you tell yourself you are capable of, and who you think you are as a person.

**Social Confidence**
This refers to the skills you use to socialise, and how you think others see you.

**Ability Confidence**
This is your sense of accomplishment, and how confident you are in your ability to do well at different tasks.
How to Stop Comparing Yourself to Others!

You have probably compared yourself to others in the past. Sometimes you might think things like, “They’re so much better at sports than me”, or “I wish I looked like them”, which are harmful and totally unproductive.

Comparing yourself to other people won’t achieve anything. It won’t change anything about the other person, and it won’t necessarily change anything about you either. All it does is create unhappy thoughts that bring you down.

Tip #1: Focus on you and what you’re doing

Focus on who you are as a person and the amazing qualities you have.

Stop worrying about what others around you are doing.

Being completely okay with who you are, without having to compare to others, is a great way to build confidence.

Tip #2: Celebrate other people’s achievements

People who are confident in themselves are able to celebrate the achievements of others.

Instead of feeling jealous or threatened by someone else’s success, celebrate it with them. Think about how great it is to be surrounded by such motivated and talented people!

Tip #3: Remember that everyone has their own insecurities!

Who do you look up to? In your mind, are they totally “perfect”?

Well, guess what? Nobody is perfect! Even though it might not look like it, everyone has their own insecurities and issues.

You might not even realise, but they might be comparing themselves to you as well!
Celebrate Others!

Recognising and celebrating the unique qualities of people around us is important. They help to make our lives fun and interesting, and can help motivate us!

Pick three students from your class and write a quality that you like about them.

Person 1:

Person 2:

Person 3:

Draw 4 big circles on your page. Describe the qualities of three of your friends and yourself. What would your friends say about you? What do you have in common?
Follow the journey of nervous Blob as he wrestles with the looming storm ahead: high school. Follow Blob as he ventures from a place of fear and uncertainty to that of confidence and clarity, as the ins and outs of high school – including friendships, timetables, and navigating the building – are explained in poetic prose.

Say to yourself in a loud voice

I BELIEVE IN MYSELF.
I AM STRONG.
I AM CONFIDENT.
I AM READY FOR HIGH SCHOOL!