

# Confidence Building Activity

This activity is useful in identifying your various capabilities and positive attributes.

After you have completed the following statements you might like to share your answers with another person.

1. Something I do well is \_\_\_\_\_
2. Something I'm better at is \_\_\_\_\_
3. At work I am good at \_\_\_\_\_
4. I am proud that at work I \_\_\_\_\_
5. My greatest strength at work is \_\_\_\_\_
6. At work I can help others to \_\_\_\_\_
7. What I like best about myself is \_\_\_\_\_
8. I have the power to \_\_\_\_\_
9. I was able to decide to \_\_\_\_\_
10. People can't make me \_\_\_\_\_
11. I am strong enough to \_\_\_\_\_
12. I'm not afraid to \_\_\_\_\_
13. Something that I can do now that I couldn't do last year is \_\_\_\_\_
14. I used to have difficulty dealing with \_\_\_\_\_
15. I have accomplished \_\_\_\_\_
16. If I want to, I can \_\_\_\_\_
17. People like me because \_\_\_\_\_
18. My greatest achievement is \_\_\_\_\_
19. I admire \_\_\_\_\_
20. I have the courage to \_\_\_\_\_

Note: This activity highlights the multitude of talents you possess. Concentrate on developing this list further rather than spending valuable time on what you cannot do!

Adapted from "To the Top" by A M Stewart

