



Coffee break exercise: **CONFIDENCE BOOST**

Has it been a long time since your last job? Are you feeling out of the loop and lacking in confidence? This exercise will remind yourself how great you are!

What to do:

Complete the following sentences and give your confidence a boost...

One thing I like about myself is

One thing others like about me is

One thing I do very well is

A recent problem I've handled very well is

When I'm at my best I



I'm glad that I

Those who know me are glad that I

A compliment that has been paid to me recently is

A value that I try hard to practise is

People can count on me to

They said I did a good job when

Something I'm handling better this year than last year is

One thing that I've overcome is
