

# WHEN, WHY ARE YOU CONFIDENT ?

## WHEN DO YOU FEEL AT YOUR BEST?

(Tick one box in each group - IMPORTANT - be really honest)

- |  |  |                                      |
|--|--|--------------------------------------|
| 1. Morning <input type="checkbox"/>                          | Afternoon <input type="checkbox"/>           | Evening <input type="checkbox"/>     |
| 2. On your own <input type="checkbox"/>                      | With friends <input type="checkbox"/>        | With family <input type="checkbox"/> |
| 3. When it's sunny <input type="checkbox"/>                  | When it's dark <input type="checkbox"/>      | Whenever <input type="checkbox"/>    |
| 4. If you're going out with someone <input type="checkbox"/> | If you're not <input type="checkbox"/>       | Don't mind <input type="checkbox"/>  |
| 5. When you've got something to do <input type="checkbox"/>  | When you're relaxed <input type="checkbox"/> | Other ..... <input type="checkbox"/> |

## WHAT THINGS CAN MAKE YOU FEEL HAPPY?

- 1 .....
- 2 .....

## NAME 2 THINGS YOU KNOW YOU ARE GOOD AT OR ENJOY -

- 1 .....
- 2 .....

## WHEN MIGHT YOU HAVE TO DO THINGS WHEN U R NOT HAPPY?

(Example - you may not be happy but still have to go to work)

- 1 .....
- 2 .....

## CAN YOU THINK OF WAYS TO FEEL CONFIDENT WHEN U R NOT?

(Example - think about something you did that you didn't think you could do)

- 1 .....
- 2 .....

**FACT - YOU'RE UNIQUE AND SPECIAL-DON'T LET ANYONE TELL YOU'RE NOT !**