

Be kind to your self confidence

Don't fear to fail
Be okay not knowing it all
Love you for you
Avoid unkind people
Don't give up on you
Embrace change
Laugh daily
Accept things happen
Live in the moment
Trust yourself
Appreciate what is good
Realise our thoughts have power



Different Choices Different Lives

Confidence
isn't about
having all the
answers; it's
about being
open to all
the questions




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Different Choices Different Lives

A photograph of smooth, light-colored rocks in a body of blue water. The rocks are rounded and appear to be made of a light-colored stone, possibly granite or limestone. They are scattered across the water, with some in the foreground and others further back. The water is a deep blue color, and the overall scene is peaceful and serene.

Each time
we face our
fear, we gain
strength,
courage and
confidence

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Different Choices Different Lives

Failing can teach
us much on the
road to success



SUCCESS

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Different Choices Different Lives

Stop beating yourself
up for who you aren't,
start loving yourself for
who you are



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Different Choices Different Lives



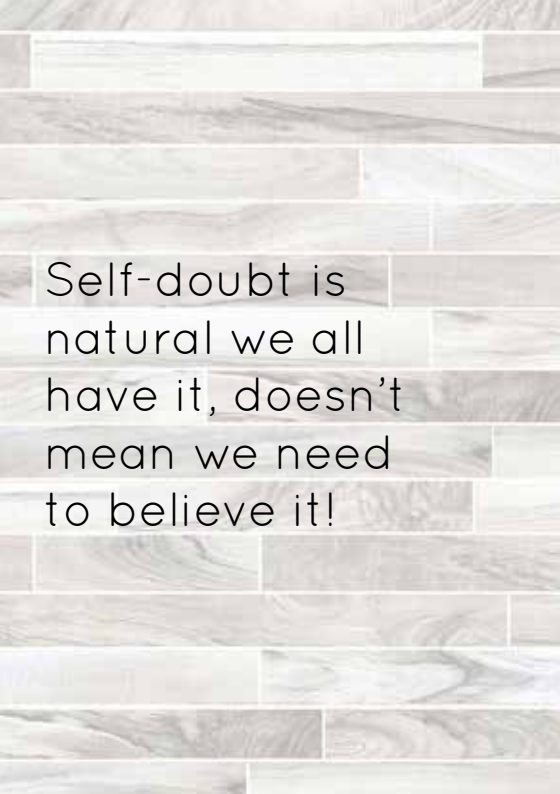
Talk to yourself in
the same way you
would to someone
you love very much

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Different Choices Different Lives




Self-doubt is
natural we all
have it, doesn't
mean we need
to believe it!

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Different Choices Different Lives

A person is sitting on a large, dark rock in the foreground, looking out over a vast landscape of white, fluffy clouds. The sky is a mix of light blue and orange, suggesting a sunset or sunrise. The person is wearing a dark jacket and shorts. The overall mood is contemplative and serene.

Success isn't
measured
by what we
achieve, but
the obstacles
we overcome
when seeking
to achieve

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Different Choices Different Lives

The first step in going
anywhere is deciding
you don't want to stay
where you are



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Different Choices Different Lives

Believe in
yourself



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Different Choices Different Lives



Rewrite the rule
book you've made
for yourself

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Different Choices Different Lives



Be the Star not an
extra in the movie
of your life


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Different Choices Different Lives



Learning
to laugh at
yourself helps
not to take
things too
seriously


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A silhouette of a person's head and hand holding a bubble wand, blowing bubbles against a sunset sky with orange and yellow clouds. The bubbles are floating in the air, some larger than others. The overall mood is peaceful and whimsical.

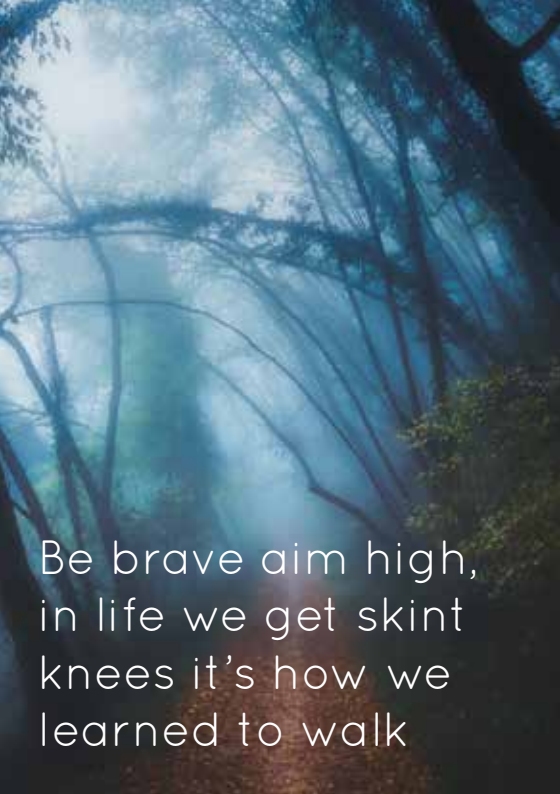
Never be
afraid to
ask the silly
question,
there are no
silly questions

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Different Choices Different Lives



Be brave aim high,
in life we get skint
knees it's how we
learned to walk

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A heart shape is formed by a dark blue shadow against a sky with white clouds. The heart is centered in the upper half of the image. The text "Your worth is not worthless" is written in white, sans-serif font across the heart.

Your worth is
not worthless

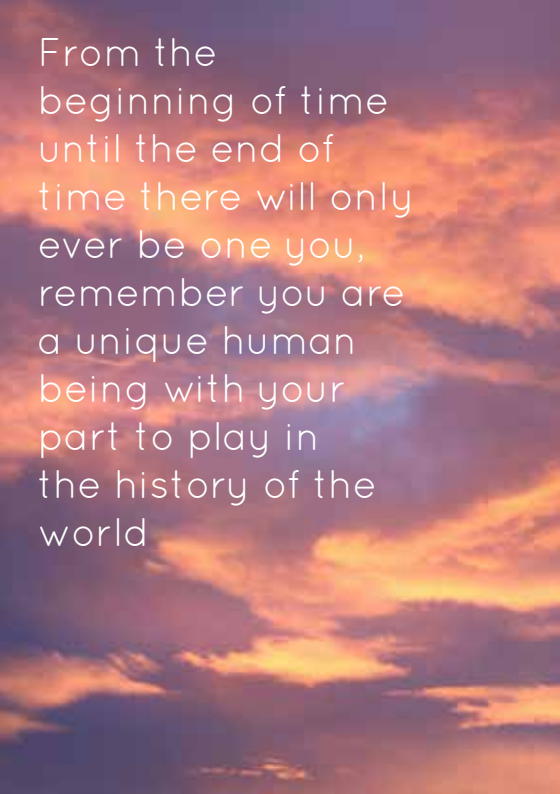
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Different Choices Different Lives



From the
beginning of time
until the end of
time there will only
ever be one you,
remember you are
a unique human
being with your
part to play in
the history of the
world

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Different Choices Different Lives

Life is
a roller
coaster at
times, learn
to enjoy
the ride



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Different Choices Different Lives

Look in
the mirror
and
smile at
yourself



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Different Choices Different Lives

Learn
from the
past don't
live in it



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Different Choices Different Lives

Anticipate the future
don't dread it



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Different Choices Different Lives

Make the most of
now don't dwell on
the what if's



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Learn to trust yourself,
if you cannot trust
yourself how can you
trust anyone else

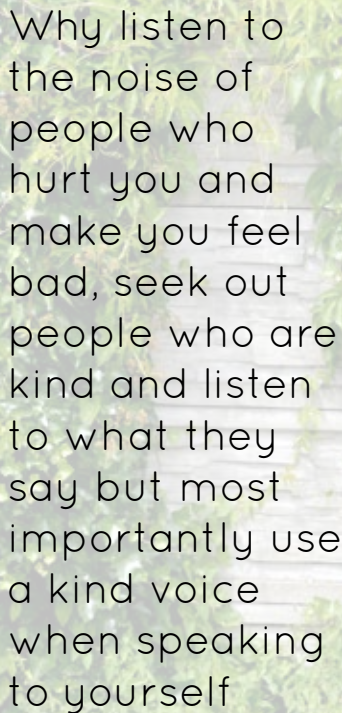
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Why listen to
the noise of
people who
hurt you and
make you feel
bad, seek out
people who are
kind and listen
to what they
say but most
importantly use
a kind voice
when speaking
to yourself

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Different Choices Different Lives

Learn
to know
yourself, your
attitudes
and beliefs
as they
influence
so much of
what you do
and think



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Different Choices Different Lives

Knowing you can
do it better is
not the same as
saying you are a
failure, everyone
gets better with
practice



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If a child told
you they were
useless what
would you
say to them
to help them
believe in
themselves

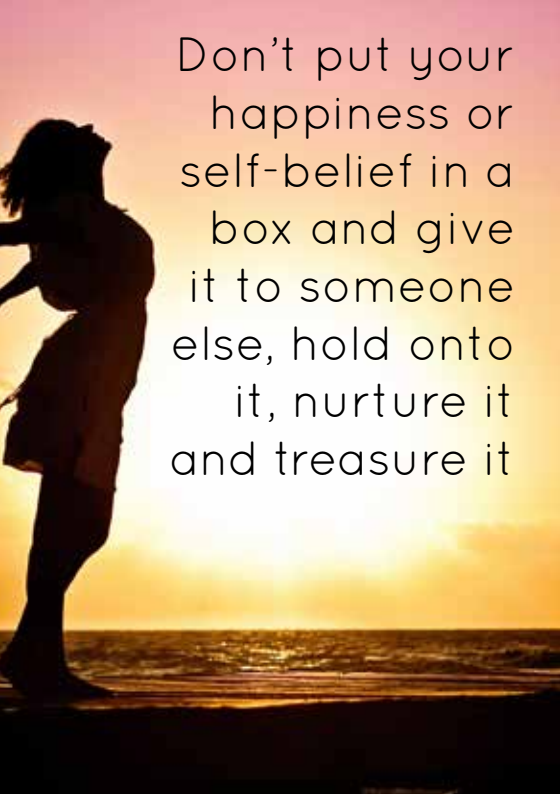
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A silhouette of a woman stands on a beach, looking out at the ocean during a sunset. The sky is a gradient of warm colors from yellow to orange, and the water reflects the light. The woman's hair is blowing in the wind, and she is wearing a light-colored dress or top. The overall mood is peaceful and contemplative.

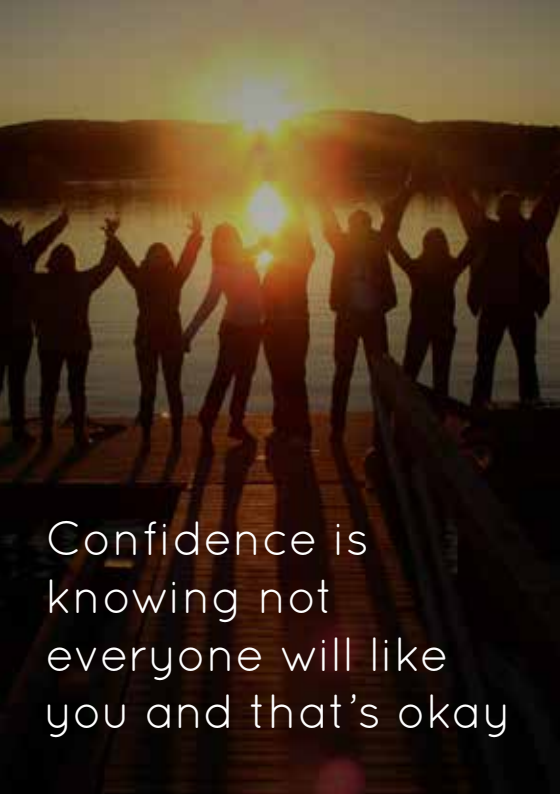
Don't put your
happiness or
self-belief in a
box and give
it to someone
else, hold onto
it, nurture it
and treasure it

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Different Choices Different Lives



Confidence is
knowing not
everyone will like
you and that's okay

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Different Choices Different Lives

Confidence
is knowing
you may
not like
everyone
else but you
can still be
courteous



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Different Choices Different Lives

Being grateful for what is right can help us become stronger and more confident to address what is wrong

A black and white photograph of two elephants walking away from the viewer on a cracked, dry, and uneven ground. The elephants are positioned in the middle ground, with one slightly ahead of the other. The background shows a dark, cloudy sky. The overall mood is somber and resilient.

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Different Choices Different Lives

Having
opinions
on things is
okay even if
they aren't
the same
as other
people,
they may
change with
experience
but not just
to fit in



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Different Choices Different Lives

Be
you

Be you not who
other people think
you are or should be

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Different Choices Different Lives

Learn to ask the 5 why's when you find you are afraid of trying something new, it may help you understand what you are really afraid of....state the issue ask why and to every answer you give ask why again until you really get to what is at the bottom of this



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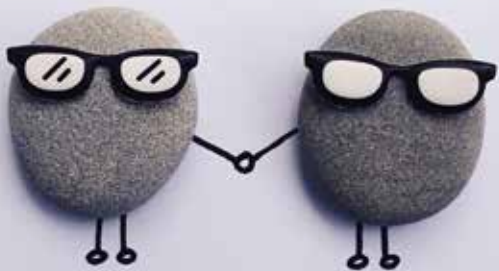
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Different Choices Different Lives

It maybe you need
some support
to regain your
confidence, that's
okay the first step
is finding that
support



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Different Choices Different Lives

Don't let others
lack of goals hold
you back from
achieving yours



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Different Choices Different Lives

Arrogant people and
self-confident people
are not the same
thing, don't fear being
confident in case you
appear arrogant



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Different Choices Different Lives

Confident
people know
they have
things to
learn and
that's okay,
arrogant
people think
they know it
all already



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Different Choices Different Lives

Focus on ensuring
your grass is as
green as it can be,
don't compare it
to the grass on the
other side of the
fence

A close-up photograph of vibrant green grass blades, some with small water droplets on them, set against a soft, out-of-focus background of more grass. The overall tone is bright and fresh.

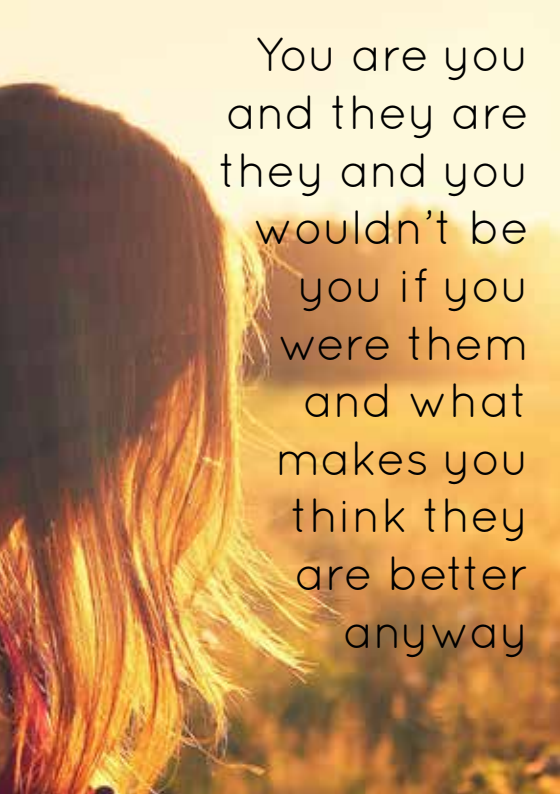
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Different Choices Different Lives



You are you
and they are
they and you
wouldn't be
you if you
were them
and what
makes you
think they
are better
anyway

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Different Choices Different Lives

Confident people don't
have all the answers,
they just don't mind
admitting when they
don't know something



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Different Choices Different Lives

Every day
tell yourself
'I am special
and unique'
because you
are! There is
no other like
you in the
world



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Different Choices Different Lives



Close the door
to your past ,
you don't live
there anymore

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Every day is a
new opportunity
to start again



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Different Choices Different Lives

I am enough
.....yes you
are!!



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Different Choices Different Lives

Thoughts
become things
...Always think
about what
you do want
...Never about
what you
don't



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Different Choices Different Lives

You are as
good as you
make up
your own
mind to be

A background image of a sunset over a body of water. The sun is a bright yellow-orange orb on the right side of the horizon, casting a shimmering reflection on the water's surface. The sky transitions from a deep purple at the top to a bright orange near the horizon. The water in the foreground is dark with horizontal ripples.

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Different Choices Different Lives

Name 10 things
you are grateful
for today the more
your grateful...
...the more you get
to be grateful for.

THERE ARE SO MANY
Beautiful
REASONS
TO BE
HAPPY
EDITED BY KIMBERLY

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Different Choices Different Lives



What you think
about you is more
important than
what anyone else
thinks about you

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Different Choices Different Lives

Arrogance
is thinking
you are
better than
other people,
confidence is
knowing no
one is better
than you



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Different Choices Different Lives

Life isn't about a destination called success, it's about enjoying the journey and what it can teach us even when the road gets bumpy



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You get confident
by doing not talking
about why you cant



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Different Choices Different Lives

Learn to laugh
at failures
and mistakes,
no one is or
will ever be
perfect, even
you, and
that's okay
that doesn't
change what
a unique and
special person
you are

