

ge & Confidence

Doing it scared

- COURAGE is NOT the absence of fear. Brave people feel scared too — they just go ahead anyway.
- Speaking up when you see something wrong takes courage.
- Trying something new where you might fail takes courage.
- Being yourself when others want you to be different takes courage.
- Saying sorry when you were wrong takes courage.
- Asking for help when you need it takes courage.
- Setting a boundary with a friend takes courage.
- Confidence isn't 'I will succeed'. It's 'I will be okay either way'.
- Confidence GROWS — every time you do something hard, the next hard thing gets easier.
- If you can't be confident yet, be brave.

