

Self-confidence

ACE - Grow Your Skills



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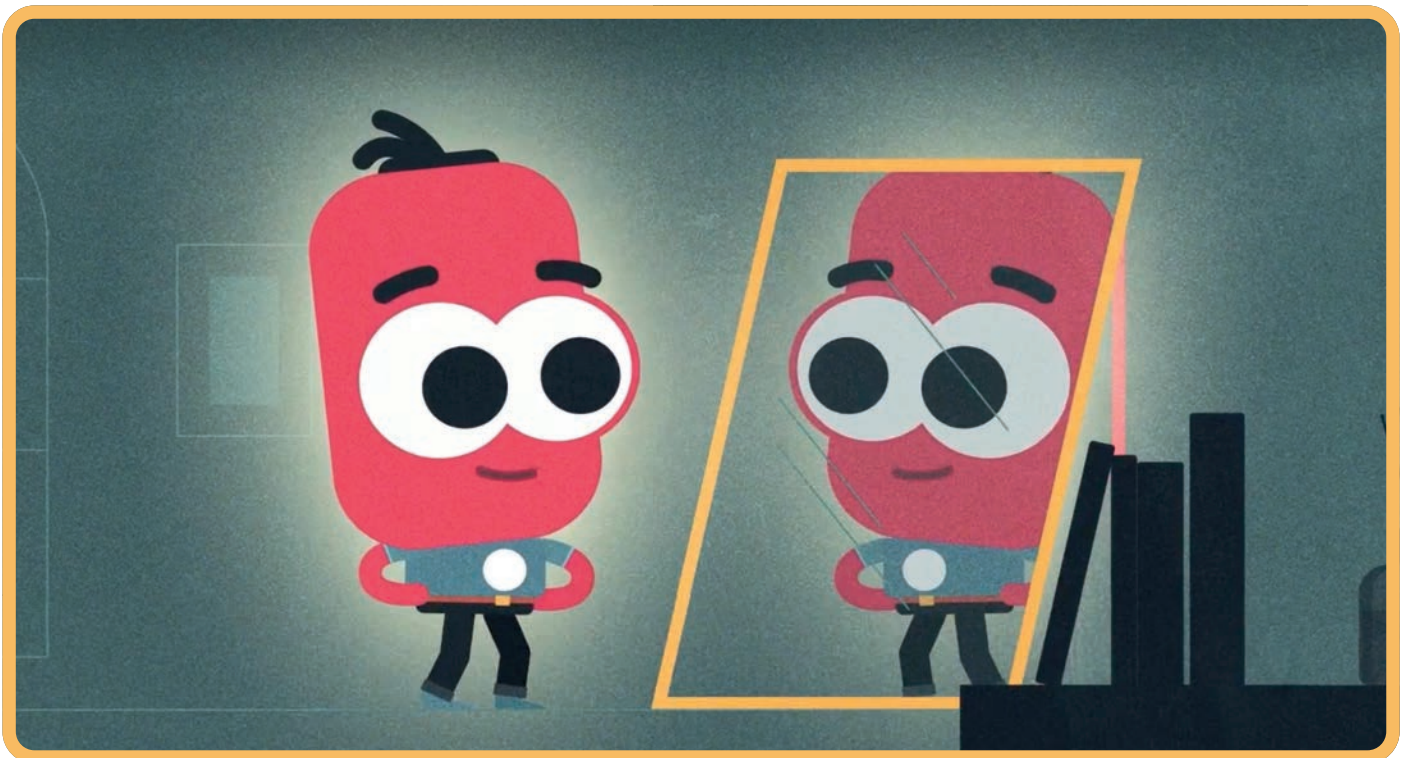
Self-confidence

Having confidence in your own abilities. Believing in yourself.

Description

When you are confident with your own abilities (self-confidence), you look at yourself and the future positively. You believe that you are responsible for the successes in your life and that you can influence them through your own actions. Doing this, you feel that you are competent and that you can perform both easy and difficult tasks successfully.

Self-confidence is an important skill because, among other things, people who master this skill perform better (by getting higher grades, for example), are more motivated and cope better with feedback, setbacks, changes or new situations.



Watch this video



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Tips

To create self-confidence, it helps to:

- *Look at yourself positively, focusing on your qualities.*
- *Track your own successes.*
- *Dare to make mistakes and learn from them.*
- *Gain insight into your thoughts.*
- *Set realistic and achievable goals.*



Assignment 1.1 *Log it to love yourself*

Discover your strength in a challenging situation.

Step 1: Describe a situation that you thought was stressful or challenging or in which you felt insecure.

Step 2: Answer the questions below.

What happened? (Situation)

What did you do? (Behaviour)

How did you feel? (Feeling)

What were you thinking? (Thought)

What are you proud of? What went well?



Assignment 1.2 *Rethinking*

Turn your brooding thoughts into positive thoughts.

Answer the questions below individually.

Step 1: What are you mulling over? A mulling thought is often an impeding thought. Write down a mulling thought.

Step 2: Identify the negative element in this thought.

Step 3: Turn this element into a positive word or phrase.

Step 4: Read the positively formulated word or phrase you wrote down at the previous question. How do you feel now?



@Vrije Universiteit Amsterdam - Peter Valckx



Assignment 2 *Screwing up*

Discover your strength in failure.

Find someone to engage in conversation. Together, discuss the questions below and after that, do something to relax.

Question 1: What is your biggest screw up from last week?

Question 2: How can you use the lessons learned from that blunder in future situations?

Question 3: How would your fellow student translate this blunder into a strength? Write down the answer:



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