

PRIORITY 1-54

What builds real, lasting self-confidence?

**Feeling comfortable being yourself**



PRIORITY 1-54

What builds real, lasting self-confidence?

**Having supportive friends around you**



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What builds real, lasting self-confidence?

**Getting likes or attention on social media**



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What builds real, lasting self-confidence?

**Being good at something you like i.e sports or music**



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What builds real, lasting self-confidence?

**Looking after your physical health i.e. sleep or exercise.**



PRIORITY 1-54

What builds real, lasting self-confidence?

**Comparing yourself less to others**



PRIORITY 1-54

What builds real, lasting self-confidence?

**Respecting others and being treated with respect**



PRIORITY 1-54

What builds real, lasting self-confidence?

**Being better than others**



PRIORITY 1-54

What builds real, lasting self-confidence?

**Being the alpha male in the group**



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What builds real, lasting self-confidence?

