

Keep your balloon of self-belief inflated



How do you top up your balloon when it's feeling deflated?

1. Spend time doing what you're good at and what you enjoy.
2. Understand what your qualities are. Use your qualities as often as possible.
3. Spend time in a place or with people where you feel you fit in and that you belong.
4. Challenge yourself to improve in some way, get better at something or fix something that's holding you back.
5. Try to have an attitude of gratitude - be thankful for what you CAN do and what you DO have.

