



Super self Takeaway

This is a simple Takeaway that helps to build confidence and self-esteem, because a wonderful way to increase self-confidence is to write about your achievements.

You will need a pen and paper.

- The Super Self Takeaway will help you to understand what the best version of you looks like and will build your self-esteem and self-worth.
- This exercise gives you tangible evidence of your accomplishments and something to refer to when you experience moments of insecurity during any time in your life.

Here's how to do your very own Super Self Exercise:

- On a blank sheet of paper list at least TEN things that make you special.
- This could be things you do well, the ways you treat other people, things that make you different to others, things you do at work, at home etc etc.
- List at least twenty personal achievements and successes – These can be big achievements or small achievements, even if it's learning to tie your own shoes!
- List at least twenty things that you are good at or can do well – Again these can be important things or simple tasks, maybe including cleaning your teeth!
- List ten exceptional qualities or unique things about you. Think about the way you think, the way you act , the way you do things.
- Write down at least one particularly attractive physical feature - even a cute pinkie toe or particularly shapely ear lobe!
- Read this to yourself out loud every morning for a week ! When you do this stand up straight with your shoulders back and speak confidently. Recognise the emotions you feel as you read through your list.