



CONFIDENCE IN ACTION

Confidence starts with knowing yourself and owning your strengths with pride. When you take time to remind yourself of what you do well, you build the foundation for self-assurance and growth.

Science shows that our brains naturally focus more on negative thoughts — a survival instinct that once kept humans safe from danger. But today, it can make us overlook our accomplishments and positive traits. Success is about taking charge of your growth, your mindset, and your wellbeing — and that matters in school, life, and work.

Practicing self-awareness and connection helps rebalance this tendency, reminding us that confidence comes from understanding who we are and connecting authentically with others.

Follow for more resources!

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

@freeyourfeelsga



RESOURCES

Click the logos to visit each resource



Read **"You Are Beautiful: A Social Experiment,"** where a teen reflects on how affirmations and positive energy can help build our self-confidence.



Find out what impacts your confidence with this quiz — and explore how to build it up and keep it strong.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies. Click the graphic above for the 988 website.

ACTIVITY

NETWORKING WITHOUT NERVES

Networking isn't about pretending to be someone you're not — it's about being curious about others. Ask questions, listen actively, and follow up with gratitude. Building a strong professional circle helps open doors, but it also gives you people who can encourage you during tough times. Remember: confidence comes from connection, not perfection.

Networking doesn't have to be formal or business-like. For teens, networking can look like:

- Talking to a teacher about a career path you're curious about
- Asking a coach or mentor for advice
- Meeting new people through volunteering or clubs
- Staying in touch with people who inspire you

Practice one of these skills – start a conversation, ask a question, or just listen with curiosity. You might be surprised by what you learn and who you meet.

CONFIDENCE BOOSTING AFFIRMATIONS

- I am proud of what I accomplish, big or small.
- My voice and ideas matter.
- Mistakes are opportunities to improve, not a reflection of my worth.
- I handle challenges with patience and creativity.
- I deserve success and respect in everything I do.
- I trust myself to make good decisions.
- I have the strength to overcome obstacles.
- I am worthy of opportunities and success
- I believe in my abilities and my potential to grow.