

## No one is you and that is your Super Power

It's easy to lose your self-esteem and confidence when you're tired and over whelmed with day to day life. Taking time to look at your qualities, skills and attributes can be an instant confidence boost and help spread positivity. This in turn can give you the power to face any challenges head on!

It's always easy to focus on the negatives and the things you struggle with. Creating a colourful page in your Creative Journal is the perfect reminder to showcase all your skills and attributes. These can be small or large and will be great to remind you just how amazing you are whenever self-doubt creeps in!

