

Next, write down everything you can think of in relation to the 7 confidence-boosters below.

Focus on accomplishments. What have you done well today? Write down everything you can think of. Recognise how much you have achieved.

Tip: try and do this every day for 2 weeks and see how you can start tuning into the positive more than the negative.

Practice and preparation. Is there more you can do to practice your skills or prepare for important events? Practice and preparation are key to building feelings of competence (ability), which is linked strongly to confidence.

Act confident: how can you use your body language to show that you feel confident (even when you don't)? Can you think of ways that you communicate self-confidence – or a lack of it – physically?

Think confident. Write down some positive statements that will help you in contexts and situations where you feel least confident.

Set goals. Write down some specific goals that you want to achieve and how you will know when you have achieved them. Achieving our goals provides evidence of our ability which increases self-confidence. We'll come back to this idea later on in the course.

Seek social support. Write down the most positive, encouraging and supportive people in your life who you can talk to when your confidence is low. We'll look at this idea in more detail in a later work sheet.

You at your best. Finally, think of a time when you were at your best.

It doesn't have to be in a dance context, it doesn't have to be anything big or impressive, and it doesn't even have to be that recent: just a time when you felt like the best version of yourself, and you felt proud of and good about yourself.

Spend 5-10 or more minutes writing the story of this time in as much detail as you can. Take as much space as you need. Think about some of the following questions to help you with this activity: Where were you? What did you do? Who were you with? How did you know you were at your best? How did it make you feel?

How did it feel to remember this time? Have you had similar feelings since? How might you create ways to feel like this again?