
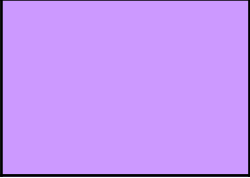


## Annex 2 – Call to Action Activity Template

Theme: Building Self-Confidence

<b>Thematic Area</b>	Building Self-Confidence		
<b>Activity Title</b>	Confidence-Boosting Journal		
<b>Type of resource</b>	Self-Help Activity		
<b>Photo</b>	 <p><a href="#">Photo by Jilbert Ebrahimi on Unsplash</a></p>		
<b>Duration of Activity (in minutes)</b>	10-20 mins daily x 2 weeks	<b>Learning Outcome</b>	<ul style="list-style-type: none"><li>Establish positive self-confidence-building practices.</li></ul>

			<ul style="list-style-type: none"> <li>● Demonstrate responses to low self-confidence as a positive action towards wellbeing.</li> </ul>
<b>Aim of activity</b>	To build self-confidence and improve positive mental health through regular reflection on positive experiences and personal strengths.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>● A notebook or journal</li> <li>● Pen or pencil</li> </ul>		
<b>Step-by-step instructions</b>	<ol style="list-style-type: none"> <li>1. Choose a notebook or journal that you will dedicate to this activity. It can be any size or style that you prefer.</li> <li>2. Set aside 10-20 minutes each day for the next two weeks to work on your confidence-boosting journal. You may want to choose a specific time of day that works best for you, such as first thing in the morning or just before bed. Useful links to help you: <a href="#">How Setting Time Aside to Write is the Best Way to Help Yourself</a></li> <li>3. Begin each journal entry by writing down one positive experience or accomplishment from your day. It can be something small or large, such as finishing a task at work, having a good conversation with a friend, or trying a new hobby. Useful links to help you: <a href="#">Why Keep a Positivity Journal?</a></li> <li>4. Reflect on the positive experience and write down why it made you feel good. Focus on your personal strengths and qualities that contributed to the positive experience, such as your determination, creativity, or kindness. Useful links to help you: <a href="#">Why we need to start reflecting on positive experiences</a></li> <li>5. Use positive self-talk to reinforce your confidence and self-esteem. Write down affirmations that remind you of your strengths and capabilities, such as "I am capable of achieving my goals" or "I am worthy of love and respect." Useful links to help you: <a href="#">Positive thinking: Stop negative self-talk to reduce stress Using Affirmations</a></li> <li>6. Review your journal entries regularly, especially when you are feeling down or discouraged. Use your previous positive experiences and affirmations to remind yourself of your strengths and build confidence.</li> <li>7. After two weeks, evaluate your progress and consider continuing the confidence-boosting journal for an additional period of time. You may also want to share your experiences with a trusted friend or therapist for additional support and encouragement.</li> </ol>		



Remember that building self-confidence takes time and effort, so be patient and kind to yourself throughout this activity. With regular practice, you can develop a more positive and confident mindset that improves your overall mental health.