## The Quick Confidence Booster

*A 5-minute activity to kick start feelings of confidence*

1. *Write down 3 moments of pride in your career to date*

2. *Write down one piece of positive feedback you have previously received about your work*

3. *Think of 3 words or phrases to describe someone who does your job well – for example, organised, able to cope with complex demands, good at managing stakeholders. Now, think of a time where you have demonstrated each of those aspects.*