

# I AM CONFIDENT IN ALL OF MY ABILITIES

## **I am confident in all of my abilities.**

I have many gifts to share with the world. My innate talents overflow and my learned skills are valuable in all that I do. **Whatever I put myself to, I trust I can accomplish.** I am confident in all of my abilities.

Some of my skills come naturally to me. Maybe I am born to be a great swimmer, an excellent speaker, or a top-notch writer. Or perhaps my abilities are oriented toward human interaction; I may be a good mediator, a compassionate listener, or a trusted friend. I easily feel confident about these gifts.

I learn and practice other capabilities. Maybe I am without a natural gift for public speaking, but I now know how to present coherently and confidently. Or perhaps I am naturally better at accomplishing things independently, but I learn how to function well in a team. These skills I am particularly proud of as I work hard to acquire them.

***If I ever have moments when I feel uncertain about my purpose in the world, I take a few minutes to think about all the things I am good at.***

I have a wealth of skills – some innate and some learned. All of them are valuable to me and to others. When I remind myself of this, I am again confident in all of my abilities.

***Today, I choose to believe that what I have to offer is valuable in the world.*** I know that I can succeed at anything I put myself into. Whatever may come to pass, I am confident in all of my abilities.

## **Self-Reflection Questions:**

1. What do I believe most about myself and my abilities?
2. When do I feel most confident in myself?
3. In what situations could I benefit from practicing greater self-confidence?