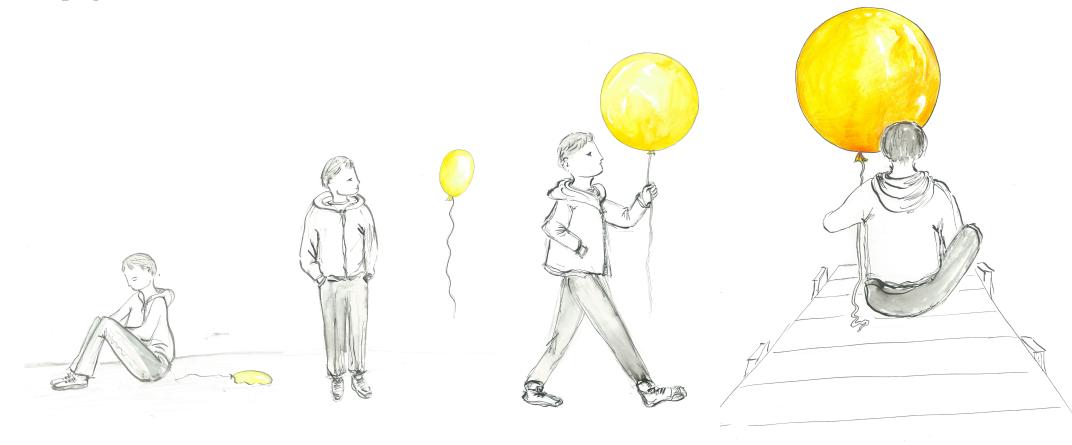
## Keep your balloon of self-belief inflated



## How do you top up your balloon when it's feeling deflated?

- 1. Spend time doing what you're good at and what you enjoy.
- 2. Understand what your qualities are. Use your qualities as often as possible.
- 3. Spend time in a place or with people where you feel you fit in and that you belong.
- 4. Challenge yourself to improve in some way, get better at something or fix something that's holding you back.
- 5. Try to have an attitude of gratitude be thankful for what you CAN do and what you DO have.

