

Mindful Self-Awareness Exercise: Building Self-Confidence

This exercise will help you and your adolescent learn ways to build self-confidence by acknowledging your own unique qualities and abilities.

- Each exercise takes 10 minutes or less.
- Familiarize yourself with the exercise before using with your adolescent.
- Use the script to guide the exercise. Adjust language as needed.
- All exercises begin with **Breath Awareness** followed by a **Mindfulness Activity** that teaches a practical mindfulness skill.
- Each exercise ends with **Reflecting Questions** to discuss with your adolescent. Invite your adolescent to stay in mindful silence until the Reflecting Questions.

Breath Awareness

Let's begin our time together by getting into a comfortable posture as we explore ways to build our self-confidence using self-compliments. Sit up straight as if a string is pulling your head upward and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. Breathe slowly and deeply—in through your nose and out through your mouth—three times. (pause)

Mindfulness Activity

We know that we are all unique, one-of-a-kind individuals with qualities and strengths that help us be good people and accomplish things. This builds our self-confidence—the sense of being worthwhile and valuable. Feel that sense of worthiness in your body. (pause)

We can build up our self-confidence by recognizing our strengths and traits and by encouraging ourselves with self-compliments. Think about one or two things about your body that you are most happy with, such as the color of your hair or eyes. Imagine saying a compliment to yourself about that, just like you would to a good friend. (pause)

Notice how you feel when you give yourself a compliment. One way to compliment yourself about your qualities and abilities is to say a positive statement to yourself. Start with “I” and use a prompt such as: “I am (quality) and capable of (skill).” For example, “I am kind and capable of good listening.” (pause)

Now use the prompt that we just learned, saying to yourself, “I am” followed by one of your qualities. Then describe one of your abilities, talents, skills, etc. that you can do as a result of the quality you thought of. For example: “I am athletic and capable of playing soccer.” This self-compliment could relate to sports, academics, art, music, relationship skills, or anything else about you. Think of a quality now and put the self-compliment into the prompt: I am _____ and capable of _____. (pause)

Let's try another one. (pause)



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Feel in your body what it's like to compliment yourself. (pause)

Imagine developing the habit of giving yourself self-compliments for the good qualities and abilities you have and watching your self-confidence get stronger. Take a couple of deep breaths to finish the activity. If your eyes are closed, slowly open them.

Reflecting

Take this opportunity to have a conversation about your shared experience using the following reflecting questions:

Reflecting Questions

- What?** What did you notice happening in your body when you gave yourself a compliment?
- So What?** Why do you think it might be a good idea to compliment yourself?
- Now What?** What are times in your daily life when you could regularly compliment yourself?



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