

CONFIDENCE BUILDING MILESTONES

Tracking progress and celebrating courage

MILESTONE 01 Stepping Outside My Comfort Zone

MILESTONE 02 Speaking Up in a Group Setting

MILESTONE 03 Practicing Positive Self-Affirmation

MILESTONE 04 Handling a Setback with Grace

MILESTONE 05 Mastering a New Skill or Hobby

MILESTONE 06 Setting and Maintaining a Boundary

REFLECTION & PERSONAL GOALS