



Most Confident You

The Goal: To explore their self-confidence by imagining the most confident version of you. By doing this, you can align your current actions with your desired outcome.

Materials: Notebook paper, something to write with.

Sometimes it's easier to picture ourselves behaving in a certain way than it is to actually implement that in our lives.

Step 1: Picture in your mind the most confident version of yourself. Write a response to the following questions: What does this version of you feel like? How do they speak and present themselves? How do they react to the world? *Look at the Strengths section of the Indigo Report for inspiration.*

Step 2: Write a sentence or two about how this version of you is similar or different from your current self.

Step 3: Write down one thing you can take from this most confident version of yourself and how you can implement it in your everyday life.

Try implementing one thing from your most confident selves in your everyday life for a week.

Indigo Indicators: *Internal: Self-Confidence, Resiliency*

CASEL Competencies: *Self-Awareness, Self-Management*

Ramp Behavior Standard: *B-SMS 7 Demonstrate effective coping skills when faced with a problem*