

# Rutgers Learning Centers

At Camden Campus

## CONFIDENCE: WHAT I HAVE & WHAT I DO

Complete the following statements to remind yourself of what you have and the things you do that make you feel good. Think about these positive things whenever you need a boost.

1. My best physical feature is \_\_\_\_\_.
2. My finest character trait is \_\_\_\_\_.
3. My favorite possession is \_\_\_\_\_.
4. My closest friend is \_\_\_\_\_.
5. I am proud of myself for \_\_\_\_\_.
6. I feel happiest at home when I \_\_\_\_\_.
7. I feel most comfortable at work when I \_\_\_\_\_.
8. The course in which I am doing my best is \_\_\_\_\_.
9. Something I enjoy doing by myself is \_\_\_\_\_.
10. A skill I mastered very quickly is \_\_\_\_\_.
11. One thing I can really do well is \_\_\_\_\_.
12. On my next vacation I will \_\_\_\_\_.
13. One of my plans for the future is \_\_\_\_\_.

- from *The Confident Student*, Carol Kanar, Houghton Mifflin Co., Boston, 1991.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website: <http://rlc.rutgers.edu>

Camden  
Armitage 231  
856/225-6442

College Ave  
Kreeger LRC  
732/932-1443

Cook/Douglass  
Loree 124  
732/932-1660

Livingston  
Tillett 111  
732/445-0986

Newark  
Conklin 126  
973/353-5608