

YOU!

as fabulous can be!

Celebrate Your Achievements

Learn to say these words a lot: Yay! Yippee! Whoop! Horray!

"Learn to acknowledge when you've done something well," says Cheryl. "And make sure you celebrate." Aced an exam? Rejoice with pizza!

Got your short story read out in class? Treat yourself to a new nail polish!

Got the hottest guy in school to

smile in your direction?

High-five the nearest person!

Mantra It Up

Repeat after us: "I'm amazing just the way I am... I'm amazing just the way I am..." Sarupa suggests you create your own affirmations (statements to lift your spirits) and use them as your daily mantras. "Affirmations can help you develop confidence and make you feel more powerful as YOU."

Think Positively

Don't be a Debbie Downer.

"Learn to turn negative thoughts into positive ones," says Cheryl. So, instead of "I can't swim", say, "I haven't learnt to swim yet." Or instead of, "I look horrific in yellow", say, "I look great in purple." You'll feel positively, er, positive!

Keep a Diary

Dear Diary, I rock! "At the end of each day, write down what you achieved," recommends Cheryl. "It could be walking an old lady across the road or helping your mum cook dinner." Whatever it is, write it in your diary and be proud of yourself for being such an utter legend.

Remember, Remember

"When you have a moment of feeling really confident, ask yourself what made you feel that way," advises Cheryl. Perhaps you cracked a group of chums up by being hilare with your impressions of Mr Nerd-Alert, your science teach. "Then at times when you need a confidence boost, think back to that time and remember how you became so confident." She continues, "Confidence can not only make you feel great about yourself, it can also help in decision-making, adapting to new situations and help you stand up against peer pressure." Buh-bye, mean girls!

Don't Beat Yourself Up

Okay, so maybe you did something you're not proud of. Perhaps you told a friend's fella that you fancy him. Maybe you peeked at someone else's paper during a test and got caught. We all make mistakes – but the important thing is to learn from them. Apologise to your pal and, for the next test, do some revision, lazybones! "Remember that tomorrow is a brand new day to be the best version of yourself," confirms Sarupa. "That's the beauty of life."

