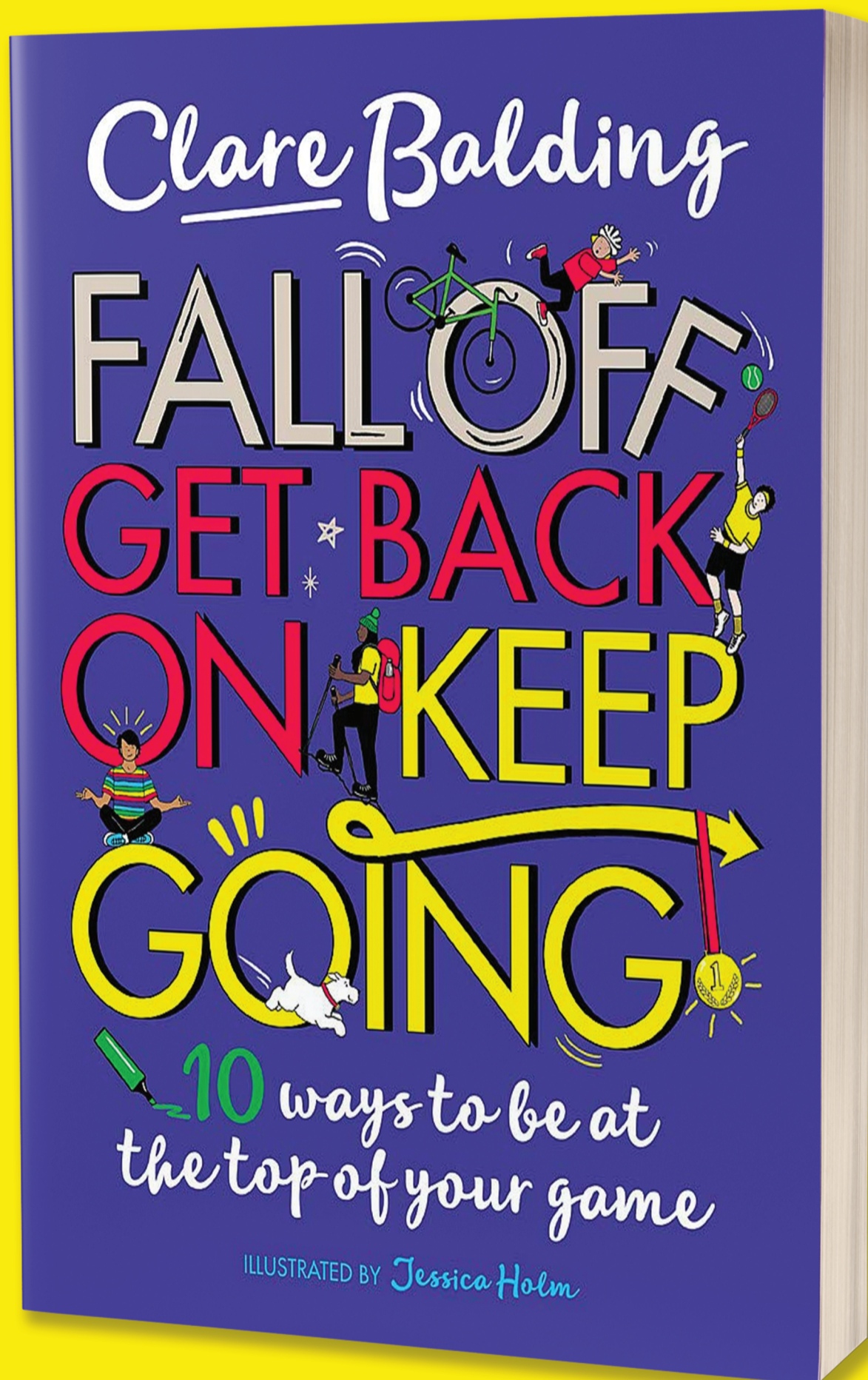


Do you worry about making a *mistake*?
Do you *struggle* when things go wrong?

Making mistakes is all part of life! The trick is knowing how to dust yourself down, get back on - and **keep going!**



Find out how to be at the top of your game with

Clare Balding

Confidence

CAN BE WORN, JUST LIKE A
superhero's cloak

HOW TO WEAR YOUR CLOAK

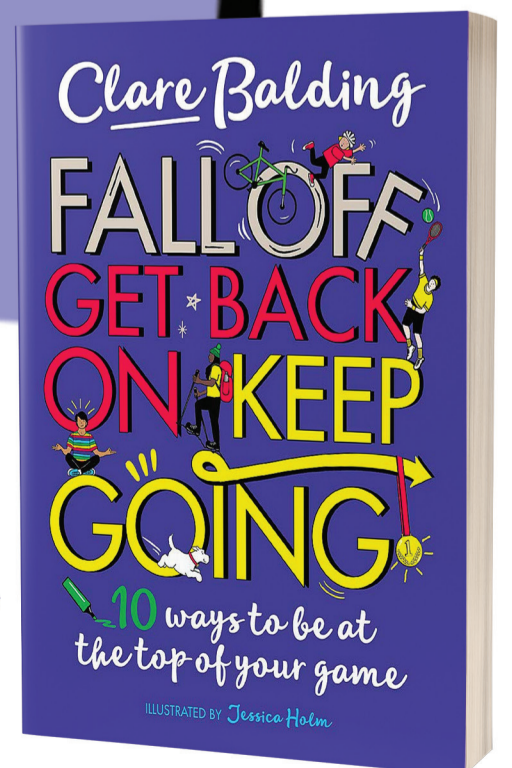
As soon as you wake up in the morning, pull your shoulders back, pop on your cloak of confidence, and wear it with pride!

Start your day positively with a confidence-boosting mantra, such as "I believe in myself!"

Look outwards at the world – look around you, be open-minded and try to support other people

Don't compare yourself to other people because you are unique!

Praise other people. Sharing your confidence with others will make you feel better, too!



Inspired by *Fall Off, Get Back On, Keep Going* by Clare Balding.
Illustrations by Jessica Holm.