



YND Activity C9: Better use of resources

When you feel confident you might actually put in more effort because you believe it will give you more rewards. Explain about a time this happened to you.



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Consider something you've done well recently, perhaps a performance that you were really confident about – in this module, we looked at how confident people invest more effort and energy into the things they do. Look back at the thing you did, what do you recall about the energy and efforts you put into that activity? What resources did you draw on to help you get through successfully? As you'll learn, by having a good level of self-awareness on what you do when performing successfully, you'll be in a better place to draw on these attributes in the future, and later you'll see how these thought processes will add to you building that robust confidence.