

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland


Different Choices Different Lives

Confidence  
isn't about  
having all the  
answers; it's  
about being  
open to all  
the questions



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power

A photograph of smooth, light-colored rocks in a body of blue water. The rocks are rounded and appear to be made of a light-colored stone, possibly granite or limestone. They are scattered across the water, with some in the foreground and others further back. The water is a deep blue color, and the overall scene is peaceful and serene.

Each time  
we face our  
fear, we gain  
strength,  
courage and  
confidence

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Different Choices Different Lives

Failing can teach  
us much on the  
road to success



SUCCESS

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Stop beating yourself  
up for who you aren't,  
start loving yourself for  
who you are





# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Talk to yourself in  
the same way you  
would to someone  
you love very much

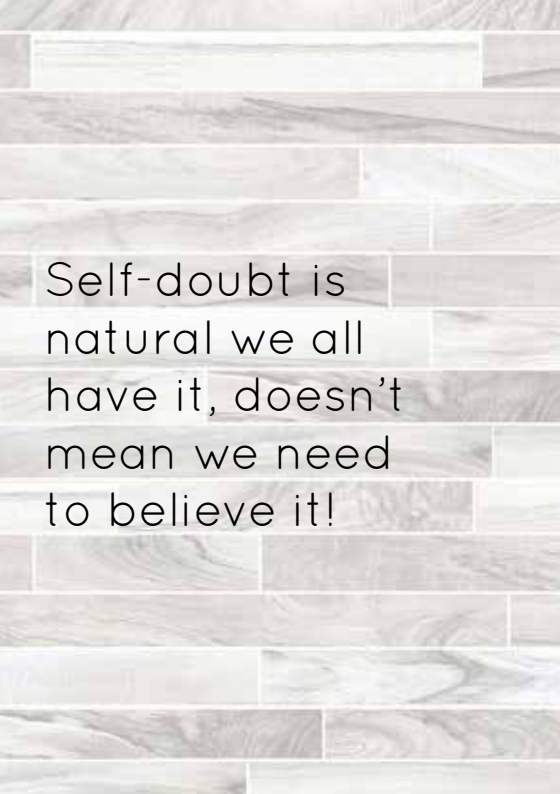
# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Self-doubt is  
natural we all  
have it, doesn't  
mean we need  
to believe it!


# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

A person is sitting on a large, dark rock in the foreground, looking out over a vast landscape of white, fluffy clouds. The sky is a mix of light blue and orange, suggesting a sunset or sunrise. The person is wearing a dark jacket and shorts. The overall mood is contemplative and serene.

Success isn't  
measured  
by what we  
achieve, but  
the obstacles  
we overcome  
when seeking  
to achieve

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

The first step in going  
anywhere is deciding  
you don't want to stay  
where you are





# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Believe in  
yourself



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Different Choices Different Lives



Rewrite the rule  
book you've made  
for yourself

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Be the Star not an  
extra in the movie  
of your life


# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives




Learning  
to laugh at  
yourself helps  
not to take  
things too  
seriously



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power

A silhouette of a person's head and hand blowing into a long, thin tube. Several bubbles are floating in the air against a background of a sunset sky with soft, golden clouds. The person's profile is on the left, and the bubbles are scattered across the right side of the frame.

Never be  
afraid to  
ask the silly  
question,  
there are no  
silly questions

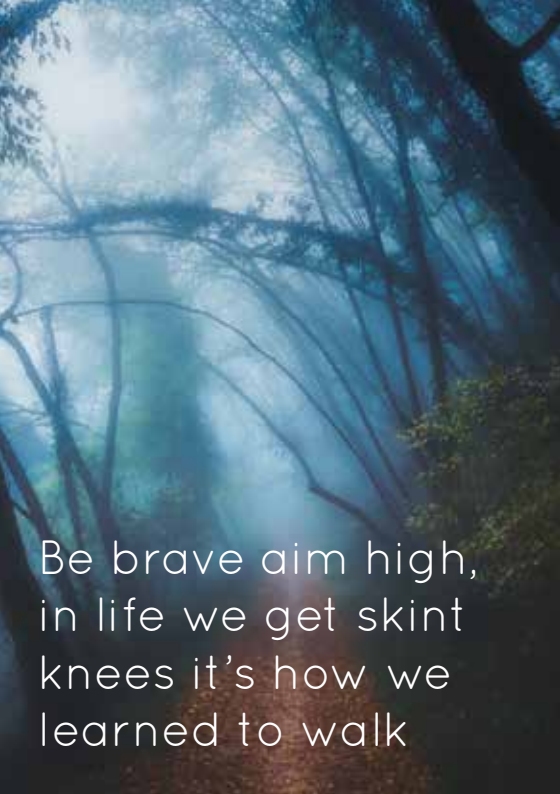
# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Be brave aim high,  
in life we get skint  
knees it's how we  
learned to walk

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Your worth is  
not worthless

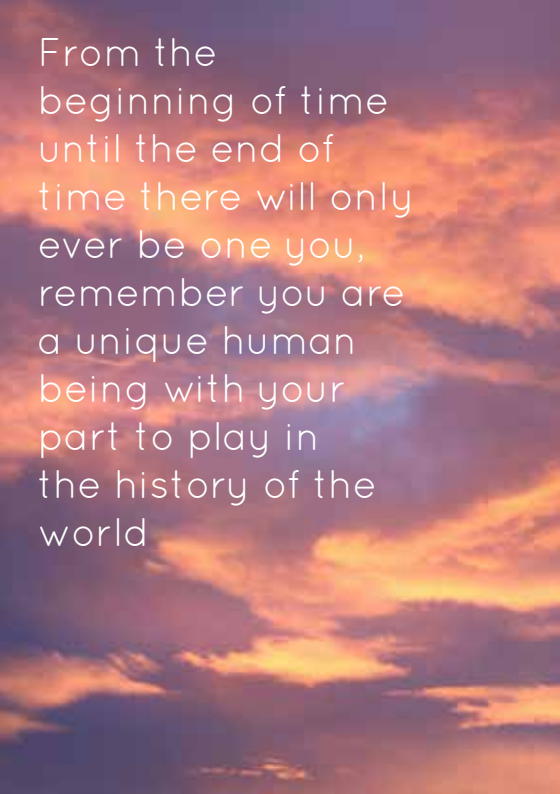
# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



From the  
beginning of time  
until the end of  
time there will only  
ever be one you,  
remember you are  
a unique human  
being with your  
part to play in  
the history of the  
world



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Life is  
a roller  
coaster at  
times, learn  
to enjoy  
the ride



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Look in  
the mirror  
and  
smile at  
yourself



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Learn  
from the  
past don't  
live in it



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Anticipate the future  
don't dread it





# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Make the most of  
now don't dwell on  
the what if's



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Learn to trust yourself,  
if you cannot trust  
yourself how can you  
trust anyone else

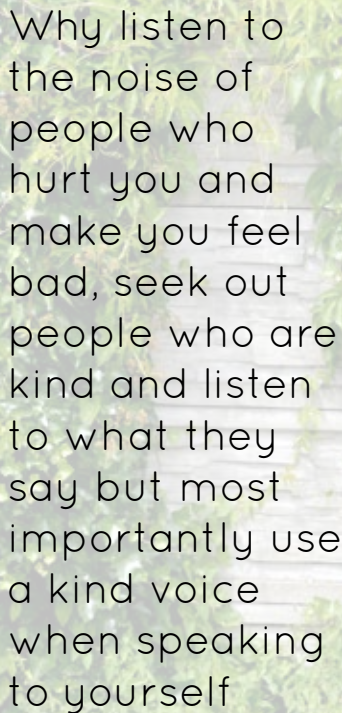
# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Why listen to  
the noise of  
people who  
hurt you and  
make you feel  
bad, seek out  
people who are  
kind and listen  
to what they  
say but most  
importantly use  
a kind voice  
when speaking  
to yourself

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Learn  
to know  
yourself, your  
attitudes  
and beliefs  
as they  
influence  
so much of  
what you do  
and think





# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Knowing you can  
do it better is  
not the same as  
saying you are a  
failure, everyone  
gets better with  
practice



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Different Choices Different Lives



If a child told  
you they were  
useless what  
would you  
say to them  
to help them  
believe in  
themselves

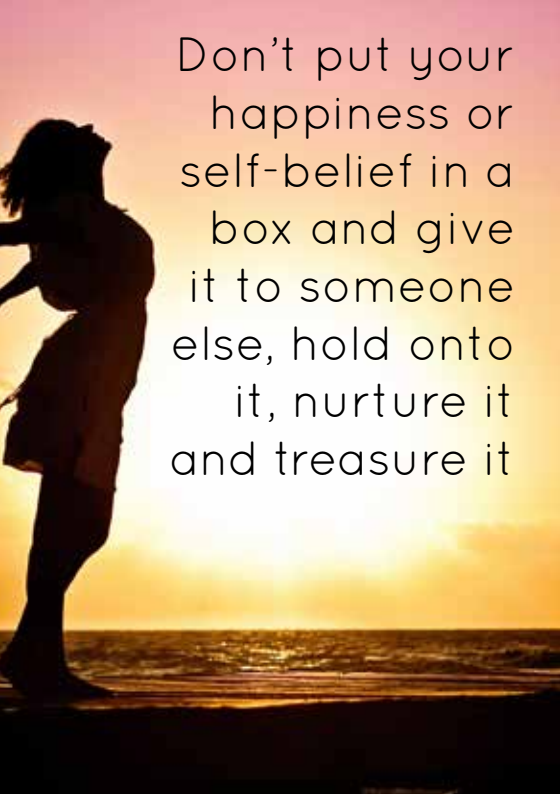
# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

A silhouette of a woman stands on a beach, looking out at the ocean during a sunset. The sky is a gradient of warm colors from yellow to orange, and the water reflects the light. The woman's hair is blowing in the wind, and she is wearing a light-colored dress or top. The overall mood is peaceful and contemplative.

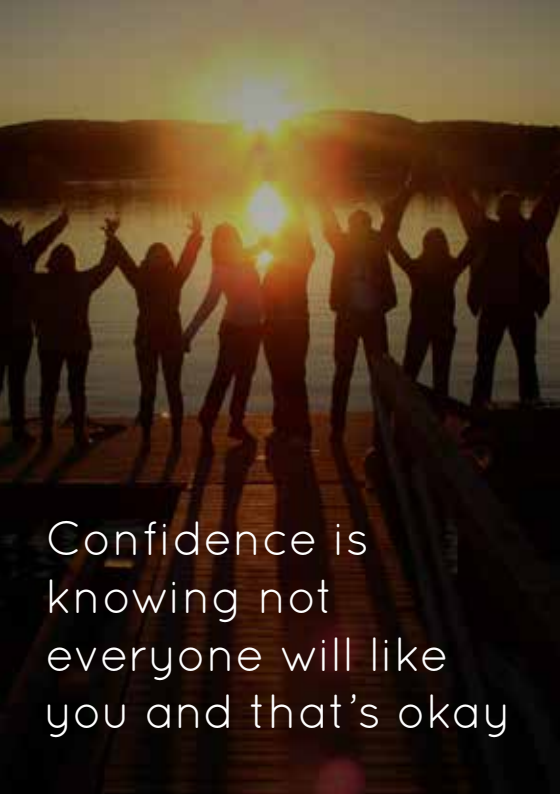
Don't put your  
happiness or  
self-belief in a  
box and give  
it to someone  
else, hold onto  
it, nurture it  
and treasure it

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Different Choices Different Lives



Confidence is  
knowing not  
everyone will like  
you and that's okay



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Confidence  
is knowing  
you may  
not like  
everyone  
else but you  
can still be  
courteous



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Being  
grateful for  
what is right  
can help  
us become  
stronger  
and more  
confident  
to address  
what is  
wrong

A black and white photograph of two elephants walking away from the viewer on a cracked, dry, and parched earth. The elephants are positioned in the middle ground, with one slightly ahead of the other. The ground is covered in a dense network of irregular cracks, suggesting a severe drought. The background is a dark, overcast sky, adding to the somber and resilient atmosphere of the scene.

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Having  
opinions  
on things is  
okay even if  
they aren't  
the same  
as other  
people,  
they may  
change with  
experience  
but not just  
to fit in



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

BE  
YOU

Be you not who  
other people think  
you are or should be



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Learn to ask the 5 why's when you find you are afraid of trying something new, it may help you understand what you are really afraid of....state the issue ask why and to every answer you give ask why again until you really get to what is at the bottom of this



# Be kind to your self confidence

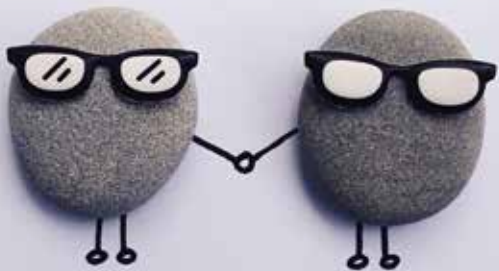
Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

It maybe you need  
some support  
to regain your  
confidence, that's  
okay the first step  
is finding that  
support



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Don't let others  
lack of goals hold  
you back from  
achieving yours



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Arrogant people and  
self-confident people  
are not the same  
thing, don't fear being  
confident in case you  
appear arrogant





# Be kind to your self confidence


Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Confident  
people know  
they have  
things to  
learn and  
that's okay,  
arrogant  
people think  
they know it  
all already

A glowing lightbulb is positioned on the right side of the image, resting on a wooden surface. The lightbulb is illuminated, casting a warm, yellowish glow. The wooden surface has a visible grain and is slightly textured. The overall lighting is warm and soft, creating a cozy atmosphere.

# Be kind to your self confidence


Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Focus on ensuring  
your grass is as  
green as it can be,  
don't compare it  
to the grass on the  
other side of the  
fence

A close-up photograph of lush green grass blades, some with small dew drops, set against a soft, out-of-focus background. The text is overlaid on the upper left portion of the image.

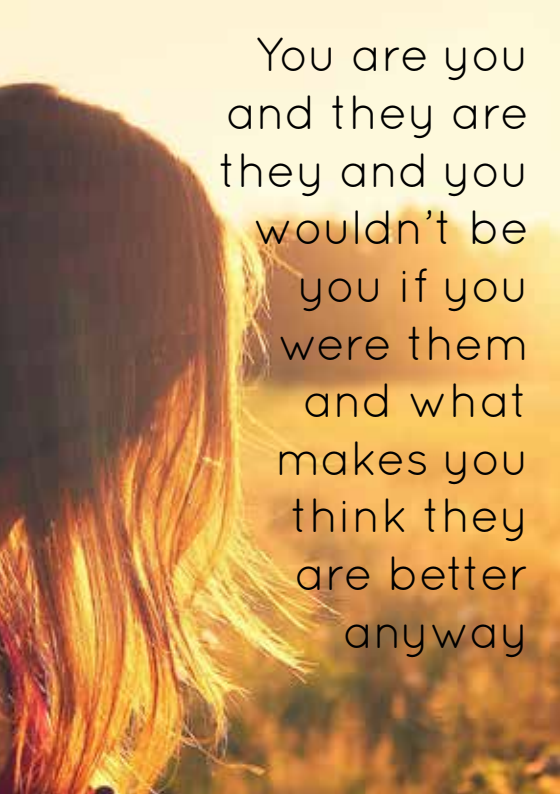
# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



You are you  
and they are  
they and you  
wouldn't be  
you if you  
were them  
and what  
makes you  
think they  
are better  
anyway

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Confident people don't  
have all the answers,  
they just don't mind  
admitting when they  
don't know something





# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Every day  
tell yourself  
'I am special  
and unique'  
because you  
are! There is  
no other like  
you in the  
world



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



Close the door  
to your past ,  
you don't live  
there anymore

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Different Choices Different Lives

Every day is a  
new opportunity  
to start again



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

I am enough  
.....yes you  
are!!





# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power

Thoughts  
become things  
...Always think  
about what  
you do want  
...Never about  
what you  
don't



# Be kind to your self confidence


Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

You are as  
good as you  
make up  
your own  
mind to be

A sunset over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water's surface. The sky transitions from a deep orange near the horizon to a dark purple at the top. The water shows gentle ripples, and the overall scene is peaceful and serene.

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Name 10 things  
you are grateful  
for today the more  
your grateful...  
...the more you get  
to be grateful for.

THERE ARE SO MANY  
*Beautiful*  
**REASONS**  
TO BE  
HAPPY  
EDITED BY KIMBERLY

# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives



What you think  
about you is more  
important than  
what anyone else  
thinks about you



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



Different Choices Different Lives

Arrogance  
is thinking  
you are  
better than  
other people,  
confidence is  
knowing no  
one is better  
than you



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Life isn't about a destination called success, it's about enjoying the journey and what it can teach us even when the road gets bumpy



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

You get confident  
by doing not talking  
about why you cant



# Be kind to your self confidence

Don't fear to fail  
Be okay not knowing it all  
Love you for you  
Avoid unkind people  
Don't give up on you  
Embrace change  
Laugh daily  
Accept things happen  
Live in the moment  
Trust yourself  
Appreciate what is good  
Realise our thoughts have power



**COPE**  
scotland

Different Choices Different Lives

Learn to laugh  
at failures  
and mistakes,  
no one is or  
will ever be  
perfect, even  
you, and  
that's okay  
that doesn't  
change what  
a unique and  
special person  
you are

