

**LESSON 2 WORKBOOK**  
**Build Confidence In  
Your Support System**

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# What It Means To Have Confidence In Your Support System

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Having confidence in your support system means you have trust in a group of people in your life to be there for you when you need their help. Whether you have physical needs, emotional needs, or other types of needs, your support system will be there to help support you through your challenges.

When you feel confident in your personal support system, you trust that they'll be there ready to help you when you need it most. You never doubt their presence in your life and know that they'll be ready to help when you reach out to them.

Similarly, because of your confidence in them, they also feel a similar confidence in you as a part of their support systems – the relationship is often mutual, especially when your support system is made up of good friends and/or family members.













































































## **Consider adding a professional to your support system.**

A mental health professional such as a therapist or counselor can give you valuable insight into your mental health and well-being that your good friends and family members can't – because they aren't directly involved in your everyday life, they can give you a purely objective point of view when you tell them about your life. A life coach can help you stay on track in all areas of your life. Whether you need support to stay motivated, help in developing and achieving goals or simply have a guide in your personal development journey a life coach can be a tremendous tool for making you feel very confident in your support system.













