

However you feel about maths, you are **not alone**. Many of us struggle with using numbers. Here are some **tips and prompts** to help you improve your confidence this month.

**4**  
1: Set a goal that you'd like to achieve when it comes to numbers – maybe it's starting to save or trying a new recipe that requires you to get the timings just right.

**5**  
Numbers are everywhere! Think about the ways you used numbers when planning your day today.

**6**  
What's one thing you're going to do this month to give your confidence a boost?

**7**  
Ask for help to overcome an obstacle you are facing.

**1**  
Write down one word that describes how you feel about maths.  
\_\_\_\_\_

**2**  
Take 10 minutes to check your numeracy on the National Numeracy Challenge.

**3**  
Whatever you're having for lunch, think about all the ways numbers might have played a part in making it!

**8**  
Get the kettle on! Grab a cuppa, find a colleague or friend, and get comfy – have a chat about how you feel about numbers.

**9**  
Top tip: Set realistic goals and aim to improve a little bit at a time by breaking your goal into bite size chunks.

**10**  
Write down three things that help you feel confident (they don't have to be related to numbers).

**11**  
Did you know that you can make three cuts to a cake and get eight pieces? Why not have a go!

**12**  
Share your skills – snap a photo of yourself using numbers today.

**13**  
Jot down your biggest maths mishap or share it with someone else and have a giggle about it – it happens to all of us!

**14**  
Spend 10 minutes on the National Numeracy Challenge.

**15**  
Write down three things you can see, two things you can hear and one thing you can smell.

**16**  
Top tip: Don't compare yourself to others, we all learn at different paces and that's ok.

**17**  
Head to the National Numeracy website and take a look at a free resource, blog or story about building confidence.

**18**  
Write down three things that you're good at.

**19**  
What's something that you did today that made you feel good? Can you apply that to numbers?

**20**  
Did you know that maths ability isn't fixed? Everyone can improve!

**21**  
Spend 10 minutes on the National Numeracy Challenge.

**22**  
However you feel about numbers, you're not alone. Text someone you know and ask them how they feel about them.

**23**  
Top tip: Do maths your way – find a quiet space with no distractions and get yourself plenty of time.

**24**  
What's your go-to confidence boosting song? Put it on and sing along!

**25**  
If you can, go outside for a walk. Numbers are everywhere in nature – can you spot them?

**26**  
Think about the people you came into contact with in the last few days. How do you think they use numbers in their job?

**27**  
Take the time to reflect on something you've achieved this month.

**28**  
Spend 10 minutes on the National Numeracy Challenge.

**29**  
What's one piece of advice you'd give your younger self when it comes to number confidence?

**30**  
It's never too early or too late to start building your confidence. Chat to someone from a different generation about how they feel about numbers.

**31**  
You've reached the end of the Habit Tracker. Tell us in one word how you feel about maths now?  
\_\_\_\_\_

