



For the next week, observe how you operate in the world and how the world responds to you.

Ask yourself the question "what is my belief in this situation?".

What do I believe about myself, relationships and the world.

Write it down with no judgements and then ask yourself:

"are these thoughts really true?"

and

"who do I want to be?"

and

|what does that look like?"



Why is this journey of self-confidence important to you?

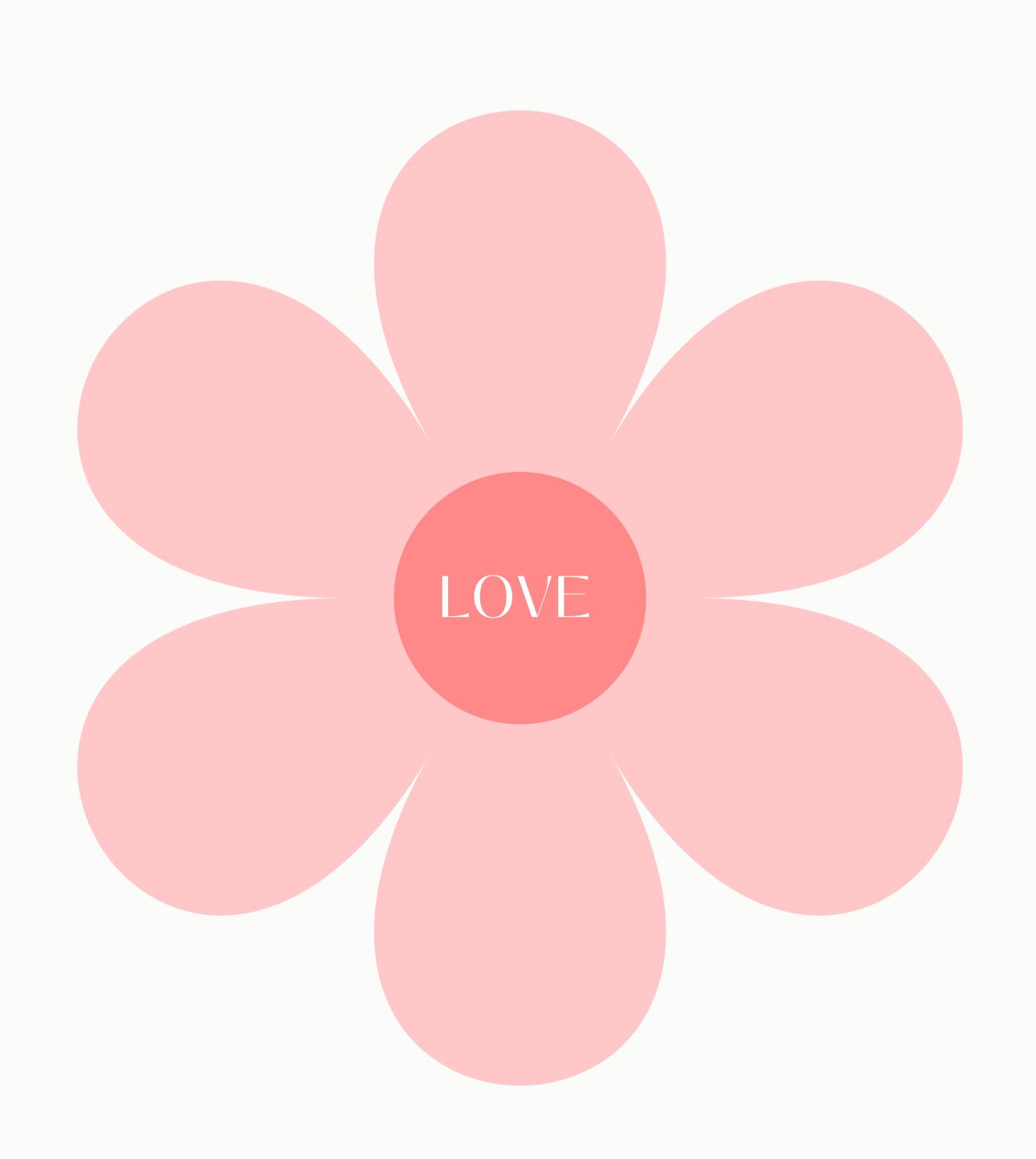


What does it look like when I feel confident?



What actions / thoughts / beliefs do I hold that keep me shrinking?

In what ways can I show myself love and respect?
Fill in the petals of this flower with important ways you like to show yourself love.

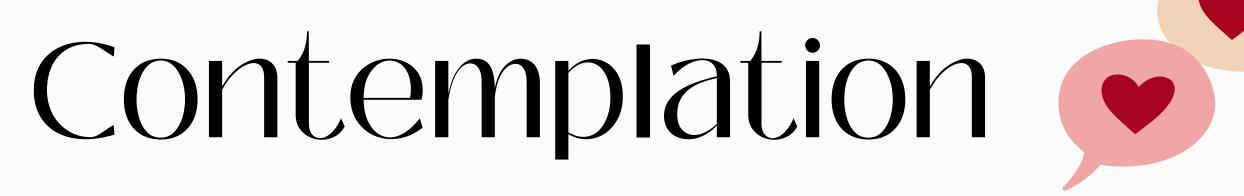






Think of a time that you felt deeply valued for who you truly are.

Describe what was happening, how you felt, where you were, visituation and any other insights about the situation. Repeat this exercise for each memory you have that resonates.	vhat was the



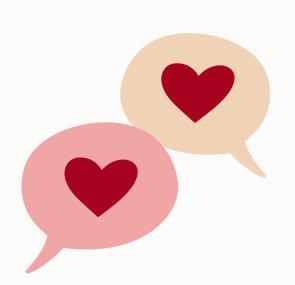


Think of a time that you gave love and were delighted Describe what was happening, how you felt, who situation and any other insights about the situation. memory you have that resonates.	ere you were, what was th





What do you think stops you from receiving love and feeling understood



When do you feel the most safe? When do you feel the most unsafe?