

FROM COMPARING TO CONFIDENCE



6 Steps to begin Experiencing Confidence and Embracing You

Answer these questions as best you can, right now in this moment, and trust that what you discover is exactly what you needed today.

Step 1

RIGHT NOW I AM COMPARING MYSELF TO...

Step 2

I AM SPECIFICALLY COMPARING...

Step 3

I AM CREATING A THOUGHT/ FEELING OF...

Step 4

THE THOUGHT/ FEELING I DESIRE TO CREATE IN MYSELF IS...

Step 5

ONE SPECIFIC ACTION I CAN CHOOSE DAILY TO CREATE THAT FEELING IS...

Step 6

TO FEEL SEEN, HEARD, AND LOVED I MUST...

