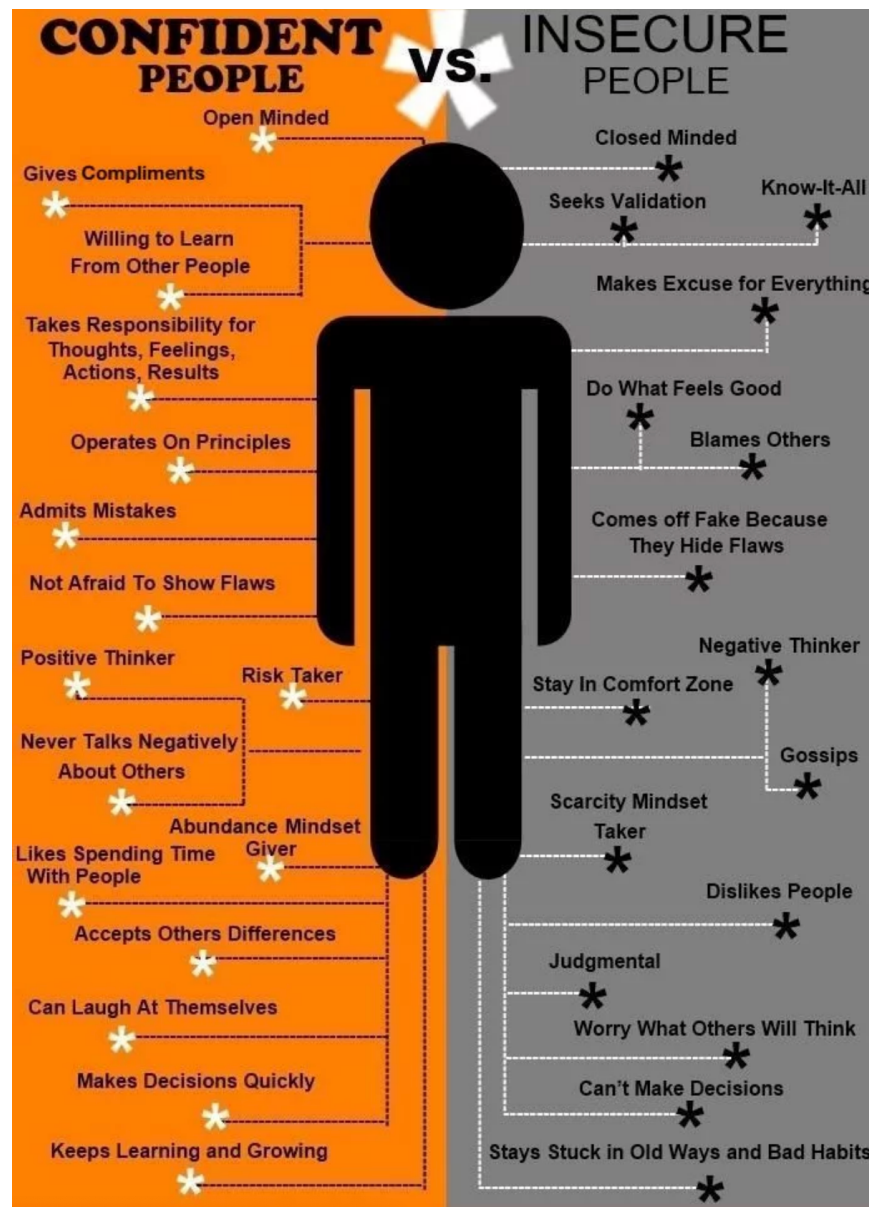


5 DAY MINDSET COURSE

DAY 4: Confidence

Today, we tackle confidence. In the video, I showed you an infographic listing characteristics of a confident person VS an insecure person and I wanted to share it here with you as well.



I would recommend putting this visual in a place you can see it as a reminder!

5 DAY MINDSET COURSE

DAY 4: Confidence

Ok, now we know a little more about how to be confident and now we put in the work. Remember, knowledge is only one piece of the puzzle, application is where you see change.

I want you to get specific about one thing you want to pinpoint and become more courageous with. For example; do you want to apply for a new job, try a new activity, work on a relationship? Whatever it is, let's get specific and write it down.

The one thing I want to work on and become more confident with is:

Now that we know what we want to work on, we have to get clear about a few things that we might have pushed to the side. We have to know what it is that makes you, uniquely you. I want you to write down at least **5 things that make you uniquely you.**

Great job!!!!

5 DAY MINDSET COURSE

DAY 4: Confidence

I want you to remember those things that make you uniquely you. You have so many awesome traits and qualities and the next time you doubt yourself, take out this homework and remember those awesome things.

Now, we need to take action. You already wrote the one thing that you want to change and work on. Let`s create the action steps on HOW you are going to get there. For example, if you wrote “apply for the job I want”, what are the action steps you need to do to achieve that? Maybe it is touch up your resume, ask for references, apply for the job. Whatever steps you need to take, write them down.

Once you have the steps, you NEED to act. Face the fear. Remember your mindset and, even if you are scared, DO IT. Now, let`s get those actions written down.

Now, GO DO IT and let me know when you take ACTION!