

BELIEVE

7 WAYS TO HAVE THE
CONFIDENCE YOU WANT,
WHEN YOU WANT IT!

Introduction: *3 important things to do before we get started*

Expressive writing is proven to help people improve their emotional intelligence. With that in mind, please answer the following questions:

1) Write a list of all the occasions in the PAST when you wish you'd had more self-confidence?

2) Write a list of all the situations where you would like to have more self-confidence NOW?

3) Write a list of all the scenarios in the FUTURE where you anticipate you might want to have more self- confidence?
