

"THE MOST ALLURING THING A WOMAN CAN HAVE IS CONFIDENCE." - BEYONCE

WRITE DOWN 5 PEOPLE YOU ADMIRE, AND THE TRAIT YOU ADMIRE MOST IN THEM						
BEYONCE	CONFIDENT					
NOW, ON THE RIGHT HAND SIDE OF THESE LINES, WRITE DOWN THE ABOVE TRAITS AGAIN, WITHOUT THE PERSON'S NAME						
CONFIDENT						



MAKE A CAN-DO LIST
WRITE DOWN THREE TALENTS, SKILLS, OR GOOD QUALITIES YOU DO WELL AND ENJOY USING.
NOW PICK ONE STRENGTH OR SKILL TO FOCUS ON. WRITE DOWN IDEAS ON HOW YOU CAN FIND TIME TO PRACTICE AND DO IT ONCE A WEEK OR MORE.



WRITE DOWN THIS SENTENCE AND FINISH IT AT LEAST 2 WAYS:
"IF I HAD MORE CONFIDENCE, I WOULD..."

WHAT WOULD YOU NEED TO DO? WHOSE SUPPORT OR ENCOURAGEMENT COULD HELP YOU? IMAGINE YOU DID THE THING. WRITE ABOUT IT AS IF YOU HAD GAINED THE CONFIDENCE YOU NEED AND DID WHAT YOU IMAGINED.

FOR EXAMPLE: IF I HAD MORE CONFIDENCE, I WOULD COMPETE IN A RODEO. MY RIDING SKILLS ARE SOLID, BUT IMPROVING MY LASSO SKILLS WILL GIVE ME MORE CONFIDENCE. LUCKILY, I CAN LEARN FROM JASON AT THE STABLE AND WATCH VIDEOS. NOW... PICTURING I DID IT...I BELIEVE I GOT THE MOST CONFIDENCE FROM PRACTICING AND NOT GIVING UP IN FRUSTRATION WHEN NOTHING SEEMED TO GO WELL.



GRAB A PARTNER - WE ARE WRITING EACH OTHER'S SELF TALK SCRIPTS!

SWITCH PAGES WITH YOUR PARTNER. LOOK AT HER PAGE 3. JUST LIKE YOU, SHE WROTE DOWN TWO THINGS SHE WOULD DO WITH MORE CONFIDENCE.

IN HER BOOKLET WRITE DOWN WHAT YOU'D SAY TO CONVINCE YOUR FRIEND THAT SHE ALREADY HAS WHAT IT TAKES TO DO EACH OF THE 2 THINGS SHE PUT ON PAGE 3.

WHEN YOU WRITE THIS FOR YOUR FRIEND, YOU WILL WRITE IT AS THOUGH YOU ARE HER, SAYING "I AM AN INCREDIBLE RIDER, I HAVE A SUPPORTIVE TEAM, AND I AM ALWAYS READY AND WILLING TO GROW."