

# Confidence

BY THE LADY ALLIANCE

"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

# Confidence

BY THE LADY ALLIANCE

MAKE A CAN-DO LIST

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WRITE DOWN THREE TALENTS, SKILLS, OR GOOD QUALITIES YOU DO WELL AND ENJOY USING.

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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.

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