



Confidence

JOURNAL

Positive things that make me unique....



10 things that make me uncomfortable. Why they make me uncomfortable and how I can change my mindset so I feel more comfortable with them.





Positive character traits I love about myself...



One thing that makes me feel strong...



10 qualities I like most about myself...



I deserve better because....



(When you say enough! I deserve better. I will do better. I will insist on being treated better.)

is confidence"

- Blake Lively





- Sanaya Roman





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- Shannon L. Alder



The I respect myself





- Dale Carnegie

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- Eleanor Roosevelt





People are friendly



- Oprah Winfrey



I have positive energy flowing out



I am confident in what I want to say



- Peter McIntyre

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"Each time we face our fear, we gain strength, courage, and confidence in the doing."

- Theodore Roosevelt



I am unique in every way



- Benjamin Spock





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point, you will"

- Venus Williams



My self-belief is high. I can do anything.



