

Create SELF CONFIDENCE

Finding Endurance

1. Do you have a lot of confidence? Why or why not?
2. What is a result you want to create in your life?
3. How will confidence help get you there?
4. What are your autopilot thoughts? How do you think they are creating your self belief?
5. What are thoughts you can practice that will create confidence? These are thoughts you currently have and believe (*"I can solve problems," "I am capable," "I have limitless potential"*)
6. Are you willing to feel any emotion? Why or why not?

