

## THE 5 KEYS TO CONFIDENCE:

**BE SELF-AWARE**

What limiting thoughts have you believed about yourself?

**ASK FOR HELP**

In what areas of your life could you use help?

**BE INTENTIONAL**

What is one goal you want to achieve within the next 30 days and what can you do each week to make it a reality?

**NURTURE YOURSELF**

What is one thing you can commit to do in an effort to nurture your mind, body or spirit each day?

**EXECUTE**

What is one thing you have put off far too long? How can you execute and move forward?

How do you define confidence?

In what area could you use a confidence boost?