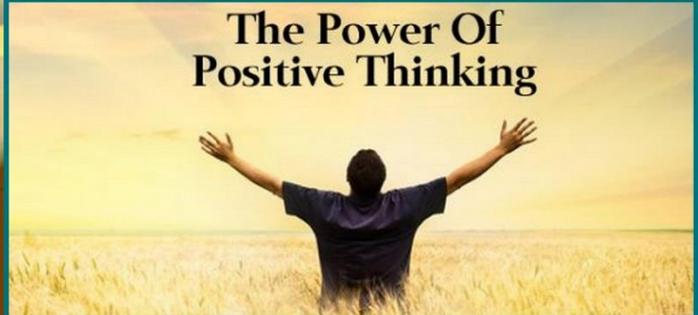


Building Your CONFIDENCE One Day at a Time



Dream It
Believe It
Achieve It



Self-confidence is extremely important in almost every aspect of our lives, yet so many of us struggle to find it. Confidence is not something you can learn, like a set of rules. Confidence is a state of mind. Positive thinking, problem solving, setting realistic expectations and having a supportive network around you, are all useful ways to help improve and boost your confidence levels.

Confidence comes from acceptance of your body and mind which relates to your self-esteem. You have to belief in your own abilities, skills and experience. The first step to increasing your self-confidence is to learn more about who you really are. Most of the time, low self-confidence comes as a result of giving too much weight on other people's opinions and allowing exterior circumstances to determine your self-worth.

Building your confidence takes practice and commitment. You must value who you are and begin fostering positive thoughts and behaviors. Once you accept your unique self, you will find, you have talents and skills the world needs. I have created this journal to keep you focused and to view your glass half full. When you recognize you have an open door to endless possibilities – ***The SKY*** will be your limit!

“Strong, Confident People Lift Each Other Up”

~Cheri Schultz

BUILDING YOUR CONFIDENCE -- ONE DAY AT A TIME

OPEN THE DOOR TO ENDLESS POSSIBILITIES

1	2	3	4	5	6	7
Set realistic expectations	Stop comparing yourself to others	Wear a beautiful fragrance / cologne	Laugh out loud today	Begin a practice of meditation	Learn a new skill	Join a yoga class
8	9	10	11	12	13	14
Explore a passion	Pay off your debt	Quit a bad habit	Write down your goals	Read inspirational stories	Hang out with positive people	Spend time outdoors
15	16	17	18	19	20	21
Reclaim your integrity	Spend time with a friend	Make a plan to exercise	Have a PURPOSE	Plan an exciting event	Create a vision board	Volunteer your services
22	23	24	25	26	27	28
Write down your accomplishments	Speak Positive Affirmations	Do something creative	Have an attitude of expectancy	Give and receive affection	Care about your appearance	Remind yourself you are in charge
29	30	<h1 style="margin: 0;">Commit To Success</h1>		<p>Commitment</p> <p>Confidence</p> <p>Clarity</p>		