Uncover Your Confidence

The purpose of this exercise is to guide you on how to define confidence in your own words, how to discover what may be intimidating you from embodying it, and how to solve the predicaments that might hold you back from personifying it.

***Please, free-write in your own words:***

1. How do you define confidence?

2. If you visualize a person/or people that you know that seem confident, how do they exhibit their confidence? What is it about them that make them look so confident? How do they carry themselves? How do they talk? How do they emulate their confidence? Please explain in detail.

3. When you reflect about yourself, do you think you possess similar qualities to those you described in q. 2?

4. If, yes, what’s stopping you or slowing you down from feeling confident right now?

5. If, not, what do you think has to change about your life to experience them fully?

6. When you imagine yourself in six months, do you visualize yourself as staying the same or becoming more confident? Why?

Please submit your answers to contact@dancefitideas.com. I will follow up within 24-48h window.

~ Keep shining!

Ana-Maria