

Uncover Your Confidence

The purpose of this exercise is to guide you how to define confidence in your own words, how to discover what may be sabotaging you from embodying it, and how to solve the obstacles that have held you back from stepping into your authentic Power.

Take a sheet of paper and respond to these questions using your own words; don`'t worry about fixing typos or using fancy vocabulary.

1. How do you define confidence?

2. Take a moment to visualize a woman that you know that exudes unstoppable confidence.

You can choose somebody from your acquaintances or pick a fictional character from a film/or a celebrity.

- **What is it about her that makes her look so confident?**
- **What does her body language portray?**
- **How does she move in space?**
- **How is she dressed?**
- **How does she eat and exercise?**
- **How does she emanate her feminine energy?**
- **How does she deal with obstacles?**

Use your imagination and respond to these bullet points in as much detail as you can.

3. When you think about your own confidence, do you think you possess similar qualities to those you`d described in q. 2?

4. If, yes, what's stopping you or slowing you down from tapping into these qualities: 100%?

5. If, not, what do you need to change about yourself to remove the negative beliefs that hold you back from feeling fully confident?

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

- **Why is this important to you?**