Gelf Confidence Worksheet

"THE MOST BEAUTIFUL THING YOU CAN WEAR IS CONFIDENCE"
-BLAKE LIVELY

5 NON-PHYSICAL THINGS I LIKE ABOUT ME		
1		
2		
3		
4		
5		
WHAT I LOVE ABOUT ME		
What is my favorite thing about me? Why?		

## WHAT I DON'T LOVE ABOUT ME

What is my biggest insecurity? Why?	
3 WAYS I CAN REMIND MYSELF OF THINGS I LIKE ABOUT ME	CHALLENGE MYSELF!
1	What is one way I can challenge myself to let my insecurity shine this week?  (ex. If I am insecure about my arms, I will wear a tank top.)
2	
3.	

"YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE, DESERVE
YOUR LOVE AND AFFECTION"
-BUDDHA