

CONFIDENCE CHALLENGE!

Week Four Worksheet

Who do I believe should deserve to have confidence in our society?

What parts of myself do I shrink, hold back, or mask? Why might that be?

Goals, dreams, focuses for the rest of 2019:

What triggers me to hate, judge, or get upset with others? Could they be mirrors of my own insecurities or problems?

Situation & Emotion:

Mirror:

