

Mindset Managed

CONFIDENCE CHALLENGE!

Week Three Worksheet

Whose opinion of me affects me most? Why do I take what they say so personally?

List only 5 people whose opinion and feedback is VALID for you:
(*must be trustworthy, honest, fair, loving*)

Environment checklist:

IS IT CLEAN?

IS IT PRETTY?

IS IT MINE?

DOES IT SPARK JOY?

WHO AM I AROUND MOST? HOW DO THEY MAKE ME FEEL?

FIXES TO MAKE: