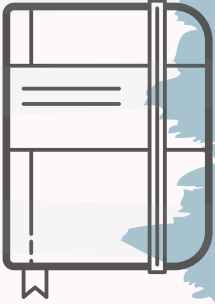
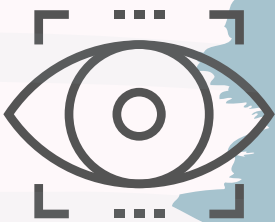


# 3 Strategies to Build Rock Solid Confidence



- *Keep a record of small successes.*
- *List your strengths & review them often.*
- *Celebrate you.*
- *Start small- set easy goals and set yourself up for success.*

- *Even if you don't feel confident pretend you are.*
- *Walk tall and practice body language that exhibits how to you want to feel.*



- *Every day, close your eyes and take a few moments to envision the future you've always dreamed about.*
- *Make your mental movie as vivid and detailed as possible for maximum effect.*

