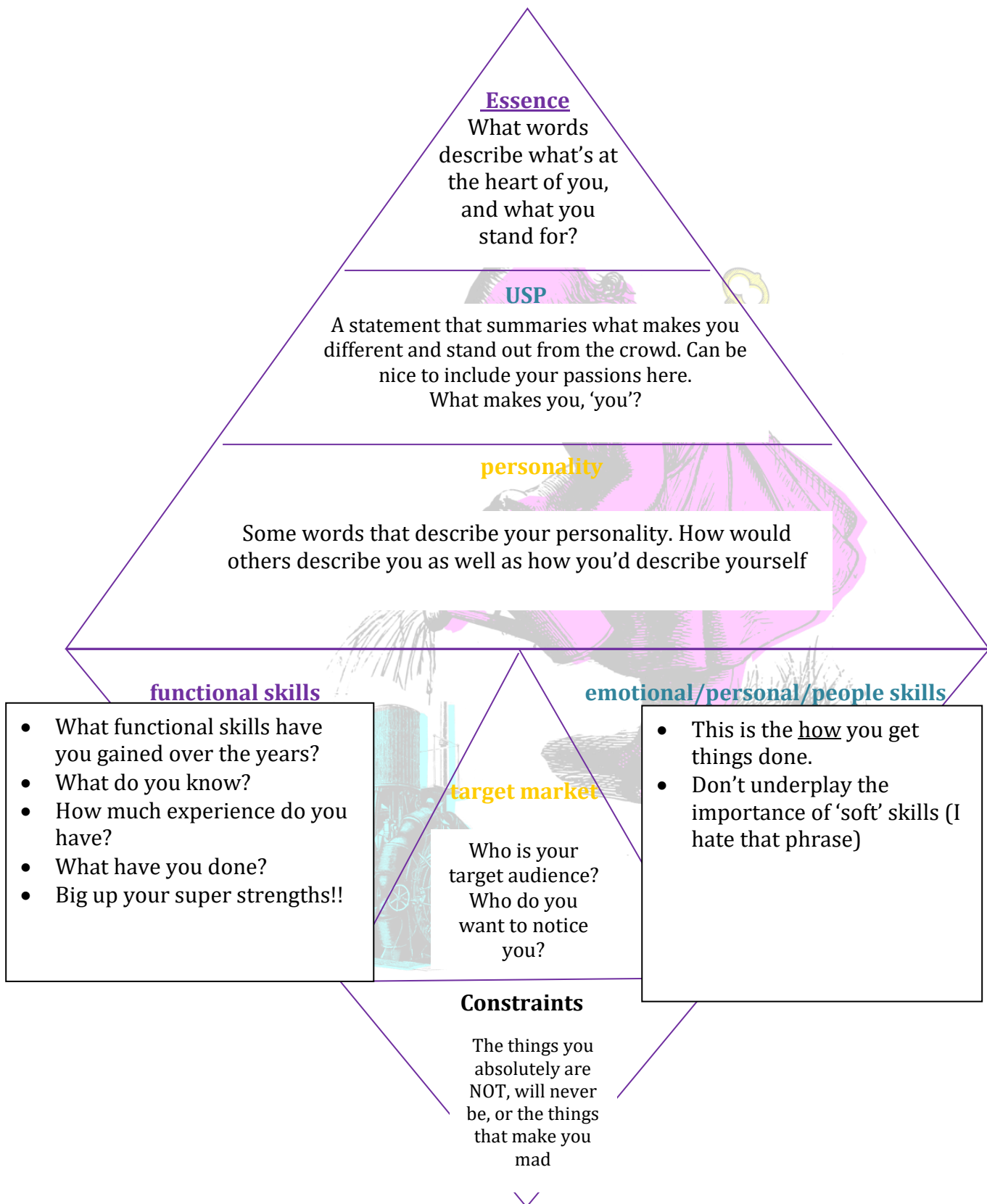


Personal brand diamond template



Confidence exercises

Remember the 3 steps to boosting your confidence:



Exercise 1:

Who is your confidence inspiration and what can you learn from them?

Exercise 2:

Do one thing this week that pushes you out of your comfort zone

Exercise 3:

Write down at least one success every day this week and reflect on how it's made you feel at the end of the week.

GOOD LUCK AND LET ME KNOW HOW YOU GET ON, AND FEEL FREE TO GET IN TOUCH IF YOU HAVE ANY QUESTIONS.

