

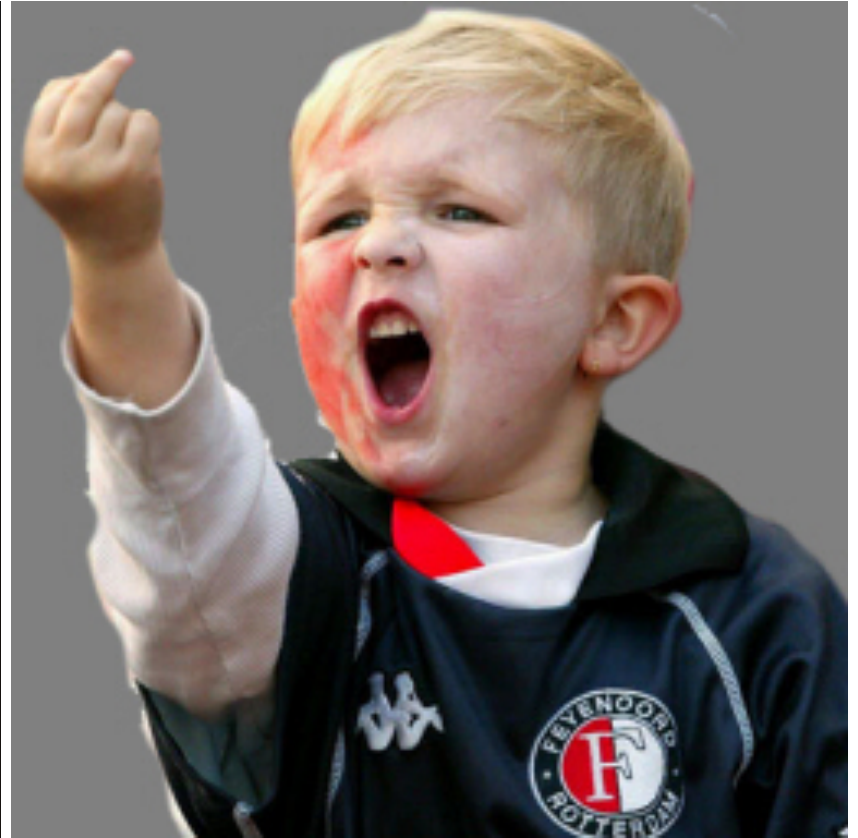


Keys to
Confidence +
Authenticity

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Definitions



THREE TYPES

- Kidding Yourself Confidence
- Conditional Confidence
- Unconditional Confidence



8 ways to foster
unconditional
confidence





1. Put on a lab coat

A Highland cow with long, curved horns stands in a mountainous landscape. The cow is the central focus, looking directly at the camera. The background features rolling green hills and a prominent mountain peak under a blue sky with scattered clouds. The text "You find what you look for." is overlaid on the right side of the image in a large, white, sans-serif font.

You find
what you
look for.

2. Change the Focus

3. Mind the
company
you keep

**You are the
average of
the 5 people
you spend
the most
time with.**

–Jim Rohn

4. Be good to yourself



5. See it and
be it

DAILY AFFIRMATION FOR "GOOD ENOUGH" MOMS

“ I'm good enough,
I'm smart enough,
and doggone it,
people like me. ”

— *stuart smalley*





6. Be Curious

7. Let it Go



JUST DO IT.



8. Just do it

A hand is shown at the bottom, holding a large white speech bubble. Inside the speech bubble is a bright pink heart. The background is a light blue gradient.

What's your fav?

- Put on a lab coat
- Change the focus
- Mind the company you keep
- Be good to yourself
- See it and be it
- Be Curious
- Let it Go
- Just Do it

In any situation, we do the best we can with what we have.

It's impossible to make a mistake.

All experiences have value.

The answers to all questions lie within us, and we know more than we think we know.

We are all a work in progress.

We are each uniquely, and intrinsically perfect.

It's my responsibility to be me.



Authenticity

- Force vs flow
- Values
- It's your job to be you

