

BE 100% YOURSELF! BUILD YOUR SELF-CONFIDENCE IN RELATIONSHIPS WITH THESE 4 PRACTICES



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How is my self-confidence?

How does my self-esteem relate to relationships? Part of our self-confidence is letting us be around the people we love the most, letting us make us vulnerable & then making it through the vulnerability to rise from the ashes.

OWN YOUR MISTAKES & SHORTCOMINGS

Some of us fake self-esteem by owning everyone else's mistakes. We set ourselves up as a help line or "they need me". Let others fail. Failure is a great way to grow.

STRENGTHEN YOUR VOICE

If you want to find your voice, you have to share your voice.

FACTS VS. INTERPRETATIONS

Differentiate facts & interpretations in relationships. There's a lot of power in starting to have healthier interpretations.

PRACTICE BEING 100% YOURSELF

No more "Mrs. Doubtfire". Some of us have been our fake self & people have loved that & eventually that's not you. We want to offer our real self everywhere.

reflections:

How is my self-confidence?

How is my self-confidence in my relationship?

Do I own my own mistakes & shortcomings? How can I improve?

Do I feel comfortable sharing "my voice"? How can I practice more?

How is my ability to differentiate facts vs. interpretations in relationships?

Am I 100% my real self everywhere? How can I improve?

Notes: