

LIVING MOXIE

C O N F I D E N C E C O U R S E # 1

Defining Confidence

When you say 'I don't have the confidence', what specifically do you mean? Where is the lack or limit showing in your life at present?

In what areas of your life are you confident?

What does confidence feel like?

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What does confidence look like?

What would be happening if you had all the confidence you needed?

What wouldn't be happening?