

LIVING MOXIE

C O N F I D E N C E C O U R S E # 4

What 5 areas of your life are you currently avoiding because you feel out of place?

What 3 daily situations are out of your perceived comfort zones?

How are your comfort zones stopping you from creating the life you really want?

Where in your life would you love to stretch your comfort zones?

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Where will you plant seeds of courage today?

What has been your most courageous moment so far? Can you repeat the energy?

Where are your edges?

Where have you required courage in the past? In past adversity what skills did you develop and can use today?

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What qualities do you think make up courage? Do you recognise them in yourself?

What are you really scared of?

Do you have people in my life who are positive and display courageousness?

Where are you your biggest saboteur?

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What are you prepared to let go off today because it no longer serves you?

How can you take steps of courage one day at a time?

Are you being the person you know you can be?

How will you love yourself a little more today, a little bit more than yesterday?

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Where are you ready to reframe old beliefs and negative thought patterns?