

Self Nourishment - Week Three

Building your confidence



Your greatest successes in the last five or ten years:
Make a list of all the things you have done that have worked out well for you.

Be kind to yourself –

Work	Holidays
Study	Self care (time for you)
Fitness	Relationships
Family	Self discovery
Social life	Children

Space for YOUR notes

*'You are
enough
exactly as
you are'*

Self Nourishment - Week Two



List all your positive qualities that lead to your achievements:

Ask yourself – What gifts and talents does it show I have? Be kind to YOU!

'When you start doubting yourself, remember everything you have faced. All the battles you have won and all the fears you have already overcome'

After watching the video, create an 'I am' poster and share this within the Self Discovery Tribe too!