

Self Nourishment - Week Four

Deepening your confidence



SELF NOURISHMENT AND CONFIDENCE MEDITATION:

This visualisation is designed to help you feel more confident within yourself, more connected to that authentic woman within and have a better connection with yourself and those around you. Its designed to help you connect with the deeper part of you, that is loving, creative, intuitive, joyful, giving and abundant.

Create the right environment for you to listen to it,

After listening to the Confidence meditation, answer the following questions:

How did you feel when you looked in the mirror when you were dressed to go out to your event?

How did you connect with others in the room? What were other peoples response to you?

What observations about yourself can you take from this visualisation?

*'The better
you know
yourself,
the better
your
relationship
is with the
world'*