

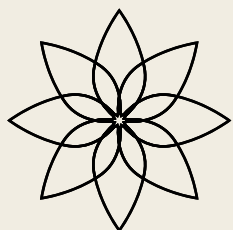
# BOOST YOUR CONFIDENCE IN 7 DAYS

## MIIND

- Listen to what the negative voice says. Write it down.
- Write down the opposite words. If stupid, then genius
- Write I am... I am genius or I am amazing or...
- In front of the mirror, say it out for 1 minute a day for 30 days

## WORK

- See who you judge or compare yourself against
- Write down 3 things you admire about them
- Write down where you have the same attributes
- Feel equal when you come across the next time



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## HOME

- If 1 was passive and 10 was aggressive, where do you sit
- If 1-4, what one thing can you do to move 5 or 6
- Before saying yes, ask 'If I love myself, I would do...'

For more information on how to work with me, go to  
[www.askshivani.com](http://www.askshivani.com)

