

Confidence and Relationship Success Pack
Kim Morrison Women's Empowerment Leader and Spiritual Guide
www.anew.ca info@anew.ca

Confidence is extremely important in our lives, yet we often struggle with it. We postpone trying something new or taking a chance to build a better life until we have more confidence. This creates a vicious cycle of missed opportunity, self-doubt and less confidence. It is by having small successes that we can build our confidence and move forward in all areas of life and into healthy and loving relationships.

The bad news is that there is no quick fix. The good news is that confidence can be learned and developed.

So how do you build this sense of confidence and develop healthy loving relationships?

Step 1: Get Ready to Change

- Look at other times in your life when you have been confident and what you have already achieved.
- Think about your strengths and talents.
- Think about what is important to you and what kind of things you would do if you had more confidence.
- Begin practicing affirmations starting with "It is okay for me to be confident" and "I believe in myself."

Step 2: Start Slowly

- Pick one easy action that you know you can accomplish.
- Celebrate a win when you complete it.

Step 3: Move Toward Success

- Set a goal that stretches you a little more than in step 2.
- Think about the small action that comes first and the actions that follow to complete the goal.
- Begin completing and celebrating one small action at a time.
- Continue to use affirmations.

Step 4: Live More Confidently

- Expand confident action into more areas of your life.
- Be confident about who you are when you interact with people.
- Be ready to grow healthy and loving relationships from your confident centre.

**When you are ready to skyrocket your Confidence and Relationships contact
Kim Morrison at info@anew.ca .**