

CONFIDENCE WORKSHEET



Examine the labels you put on yourself or that you accept from others. Write them down.

Name 5 things (at least!) that you like about yourself

Name 5 things you want to be

Name 5 qualities you think a Top Ten TV Market Reporter/Anchor/MMJ has

Now, tear off the first box and throw it in the trash. Then, write down the words in the last three boxes to 1) remind yourself who you already are, and 2) visualize yourself as already being ALL the new labels. Write them on post-its. Write them on your bathroom mirror. Write them on a vision board. Snap a picture and keep them in your phone.