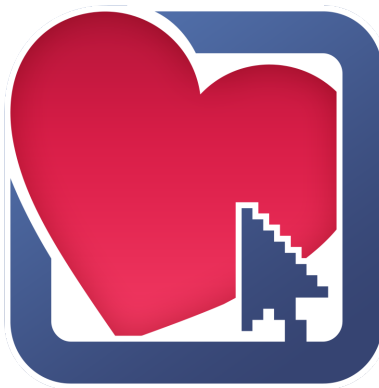


Capture His Heart: And Make Him Love You Forever 2.0

Wake Up Gorgeous Hour 1: Worksheet

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Wake up Gorgeous Hour 1

Worksheet

Unlock your confidence!

Here are some questions that will help you figure out your current level of confidence. Give yourself a point for every question you answer "yes." Then we'll talk about ways you can pump that level right on up!

- _____ 1. I love it when people offer me compliments, and I always say thank you (even if it makes me feel a little embarrassed).
- _____ 2. I know I'm a beautiful woman, no matter what.
- _____ 3. I never slouch.
- _____ 4. I don't let other people's poor opinions hold me back from doing something I know I can do.
- _____ 5. I almost always wear clothes that fit well and make me feel good about myself.
- _____ 6. I try never to talk negatively about myself to others.
- _____ 7. I monitor my inner self-talk, and regularly put a quick stop to negative thoughts.
- _____ 8. I have a sexy walk I can turn on when I want to.
- _____ 9. I expect others to regularly support and encourage me.
- _____ 10. I consistently trust my inner voice.
- _____ 11. I know my strengths and I use them.
- _____ 12. I almost never indulge in gossipy criticism of others.

- _____ 13. I face my fears head on and get help when I need to.
- _____ 14. I have friends who support and encourage me in the things I do.
- _____ 15. I almost always know what I want, and I go after it.
- _____ 16. I'm aware that if I want to grow, I must continue to change.
- _____ 17. I'm pretty good at serving others, but I can also serve my own needs.
- _____ 18. I don't let the past dictate my future.
- _____ 19. I accept that mistakes are part of any journey, including my own.
- _____ 20. I am pretty good at not letting it ruin my day/week when someone says something ugly to me.
- _____ 21. I regularly affirm myself in positive terms.
- _____ 22. I don't spend too much of my time comparing myself to others.
- _____ 23. I know how to celebrate my successes.
- _____ 24. I know how to be serious, but I can also have a little fun!
- _____ 25. I've created an uplifting environment (home, friends, job, hobbies) for myself.
- _____ 26. I'm good about taking care of my physical health.
- _____ 27. I have a solid spiritual and emotional foundation.
- _____ 28. I spend plenty of time with supportive, positive people.

My Confidence Score (one point for every “Yes” answer above):

How did you do? If you scored less than 15, you definitely have room to grow, but even if you scored pretty highly, you can still keep pushing yourself into beautiful new places. The more confident you become, the better you'll feel!

Now go back through the list and make a note of the items you MOST want to grow about yourself. What are the top three or five? Write yourself an affirmation and tape it to your bathroom mirror. The more mindful you are, the faster you'll grow...!

Starting points for building your confidence

Take a look at the questions below, and answer as quickly and honestly as you can. When you're finished you'll have a fabulous list of things that are pretty damn awesome about YOU!

Name at least three things you are good at:

Name at least three things you are GREAT at:

Name at least three things your boss loves about your work (this can be current or past work situations):

Name at least three things someone in your family would say are strengths of yours:

Name at least three things a trusted friend would say are strengths of yours:

Name at least three parts of your body that are simply beautiful (required!):

Name at least three ways you've grown and/or changed in the past few years:

Name at least three times/ways you've taken care of yourself lately:

Name at least three friends you can count on for support, no matter what:

Name at least three true blessings in your life:

Name at least three resources you could call on if you needed to (This might be a resource for money like a loan or a grant, a friend, a therapist, a place you know you can live if you need to, or even some of the favors someone would do for you if you asked them to...):

Wow. Just look at all those fabulous things you have going for you. Now THAT'S a foundation you can build on.

So when you're feeling a bit uncertain (or downright defeated) – and of course we ALL get that way now and then – pull this list back out and remember what you're working with.

You can do this!