

Flourishing with Self-Confidence

with Louisa Jewell!



Positive Ratio
#☑️ emotions : #☐️ emotions

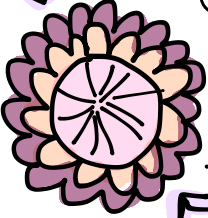


RESEARCH

CONFIDENCE is your own belief about your talents, good looks + skills.

Let me go.

Self compassion is connected to self efficacy.



DON'T LET NEGATIVE SELF-TALK ROB YOUR HAPPINESS



PRACTICE POSITIVITY HYGIENE
Charges Your Batteries



Resources to get through hard, dark times

Listen to your thoughts. Challenge them.



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