



Begin Your Journey of Building REAL Confidence



**Examining your
life, figuring out
what's missing,
and taking steps
toward
fulfillment.**

With Coach Esther



HOW TO GET THE MOST OUT OF THE CHALLENGE



BE READY TO GROW AND READY TO TAKE ACTION EVERYDAY

Make sure you have your digital guide ready, the dates of all live trainings marked on your calendar, and a attitude to learn and grow!

SHOW UP!

If I ask a question, answer it. When I say something and you think, “that’s me,” comment or click Like. It helps me know what to talk more about. I’m tailoring this challenge to you, and if you show up by responding and participating, I can make sure you get the very best from the daily LIVE sessions.

“He who is not courageous enough to take risks will accomplish nothing in life.” -Muhammed Ali



Welcome

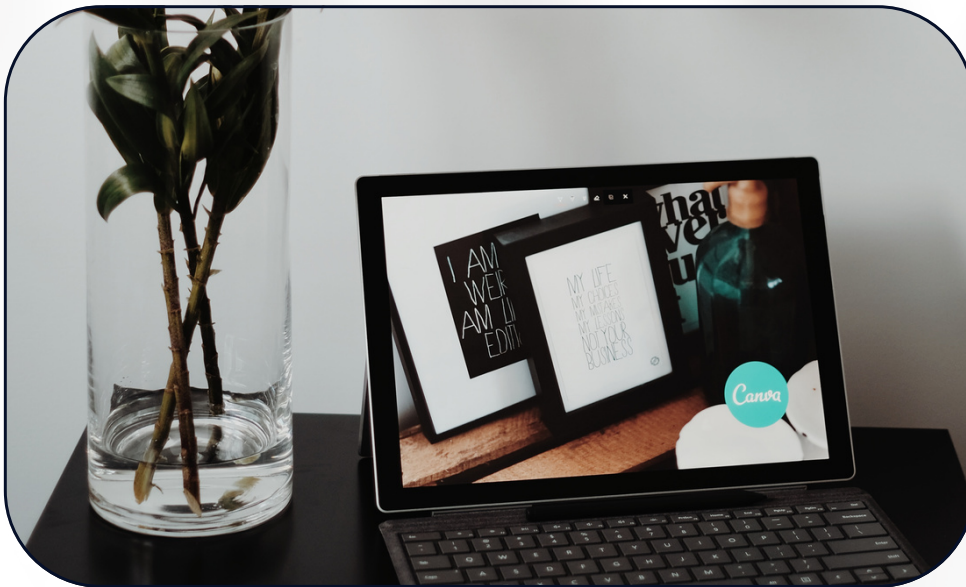
I'm going to show you how you can go from years of **overthinking , overanalyzing, overloaded and settling for less** to feeling **courageous to take daring decisions, speaking up when and where it matters**, ultimately you are able to **create the dream life you always desired and prayed for!**

This week you'll learn the 3 key mental roadblocks holding your **CONFIDENCE** back and the answers to living life with **God-centered confidence.**

Together, we will unwind years of doubting and discover the tools to unlock **REAL** confidence that breaks the bias from within!

LET'S GET STARTED!!

Daily Schedule



Day One

1 hour Reflection Session



Day Two

1 hour Reflection Session



Day Three

1 hour Reflection Session

Things I Want to Have in Life

Create a list of things that you would like to have in life.

Write it down even if you think it could never happen.

Which ones are you wanting the most? DREAM BIG

Create a list of REASONS WHY you haven't achieved them or WHY they seem difficult to do

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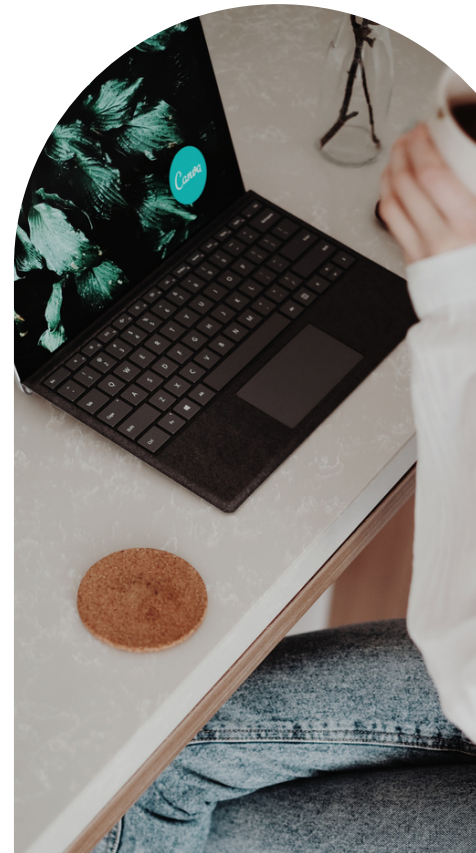
Which ones are you wanting the most? **DREAM BIG!!**

Create a list of activities or people that can Motivate You to get your dreams fulfilled (including the ones you have tried in the past

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A Personal Values Toolkit - to help you define the most authentic version of yourself.



<i>My Values</i>

<i>Rank</i>

CONFIDENCE MOMENTUM - DAY THREE

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Why is Building REAL confidence important to you?

If you had the opportunity to advise your younger self or younger person about having confidence to pursue one's dream, what would you say?

On a scale of 1-10, how important is it to implement what you learned in this 3 -day challenge?

Self- Discovery is The Key



What is Your #1 Takeaway from this 3-day challenge?

What ACTION step are you going to take to put your learning into TRANSFORMATION?

Self discovery starts when you understand the value of YOU!

*Join Our
Purpose
Discovery
Workshop -*

**The best time to plant a tree was 20
years ago.
the second-best time is NOW"**

Join Now!
