



Know the truth

Discover your purpose

Hey everyone, so excited for the launch of my company

“**Know the Truth**”

I've created this 5 day challenge to help you boost your confidence and this will be the launching pad for you in discovering your purpose.

So let's do this!

A downloadable copy is available.

5 Days Challenge to boost your Confidence:

Day 1: Introduce yourself to three people you don't know. Write down one unhealthy thing that you do and cross it out with a big X.

Day 2: Work on accepting compliments rather than denying them. Write down one thing you want to accomplish and how you are going to make it happen.

Day 3: Give someone a good piece of advice.

Day 4: List out all of your accomplishments, reflect on them and keep adding to it in the future. Write about one thing that makes you unique and different from everyone else.

Day 5: Write about one thing that you feel you are really good at and why. Write about how this Boost your Confidence Challenge made you feel and how you have changed.