

Personal Reflection Exercises...

I radiate confidence.



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I exude confidence. **Confidence radiates from me like a bright ray of sunshine.** When others look at me, they believe that I am knowledgeable because of how I present myself.

I carry myself with poise because I am self-assured. I trust that my talents and abilities make me qualified to complete the tasks I have to perform with excellence. I communicate confidence through my posture, words, and actions.

When others look at me, they are inspired to achieve their best because they see my determination. **I make others around me feel confident because of my encouraging spirit.**

I trust that my future is in good hands and that I will see my dreams come to pass. Even when I am uncertain about my next steps, I trust that my life is on the path that I desire.

I know that things will work out for me because I am responsible. I plan ahead in order to feel prepared. **Prayer and planning help me to walk through life with a reassuring confidence that I will, indeed, fulfill my destiny.**

I walk with my head held high and a smile on my face. When I greet others, I have a firm handshake that communicates confidence in my work. I look at people in the eyes because I am confident that they want to hear what I have to say.

Today, I carry myself with confidence because I have faith in the power of my abilities. I smile confidently because I have no doubts about where I am headed.

Self-Reflection Questions:

1. How do I carry myself?
2. What does my posture say about me?
3. Who can I encourage today?