



MY GOAL

CONFIDENCE CHALLENGE

A 14 day challenge to look and feel beautiful for a confidence boost.

SUGGESTED GOAL PAIRINGS: Daily Gratitude Photos - Daily Meditation - Read 'What To Say When You Talk To Yourself'

PROGRESS: For each confidence challenge you complete in the 14 days, color in the box.

CONFIDENCE CHALLENGE

<input type="checkbox"/>	Day 1	Wear lipstick
<input type="checkbox"/>	Day 2	Curl your hair or updo
<input type="checkbox"/>	Day 3	Send a selfie to a loved one or friend
<input type="checkbox"/>	Day 4	Big luscious lashes
<input type="checkbox"/>	Day 5	Wear your favorite outfit
<input type="checkbox"/>	Day 6	Paint your nails
<input type="checkbox"/>	Day 7	Home facial or spa treatment
<input type="checkbox"/>	Day 8	Wear your favorite jewelry
<input type="checkbox"/>	Day 9	2 minute power pose
<input type="checkbox"/>	Day 10	Treat yourself to a little something new
<input type="checkbox"/>	Day 11	Give 2 compliments & accept compliments
<input type="checkbox"/>	Day 12	List 10 things you like about yourself
<input type="checkbox"/>	Day 13	Wear perfume or fancy lotion
<input type="checkbox"/>	Day 14	Trim it up (eyebrows, legs, bikini, etc)