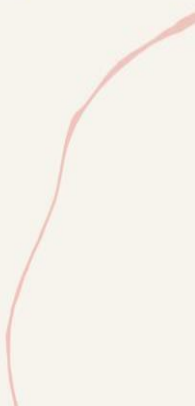


Confidence

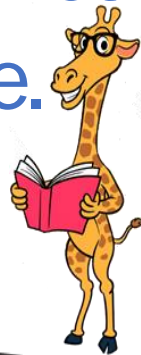


CONFIDENCE

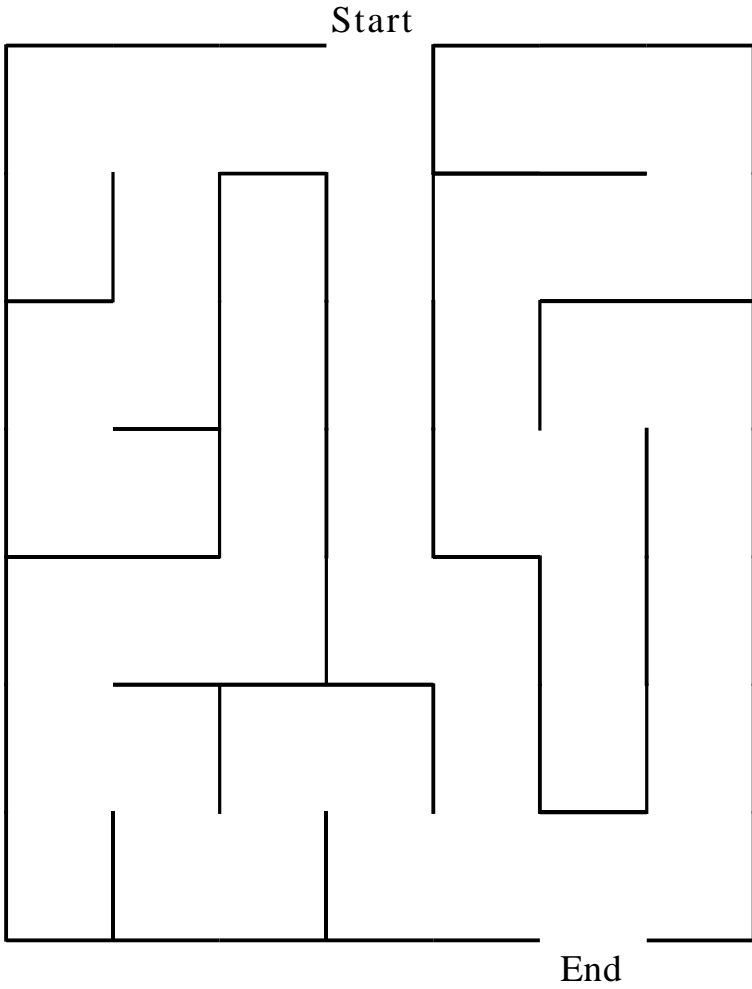
is the ability to feel beautiful, without needing someone to tell you.

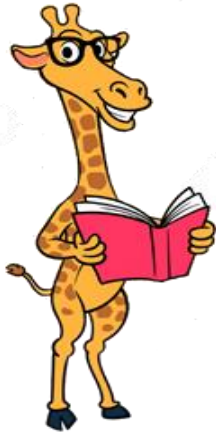


You could start by practicing talking or a pose in your mirror and work up to acting confident in front of others. But if you can keep it up, you may find after a while that you're not acting anymore.



Maze 1





Attaining new skills
makes you feel
capable and
confident of the
ability to tackle
whatever comes
your way.



“The more grateful I am, the more beauty I see.”

– Mary Davis



Today I’m
grateful for...

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