

Module 3 – Build Your Confidence

Exercise 4: Morning Power Questions

Ask yourself these power questions first thing in the morning (even before you get out of bed):

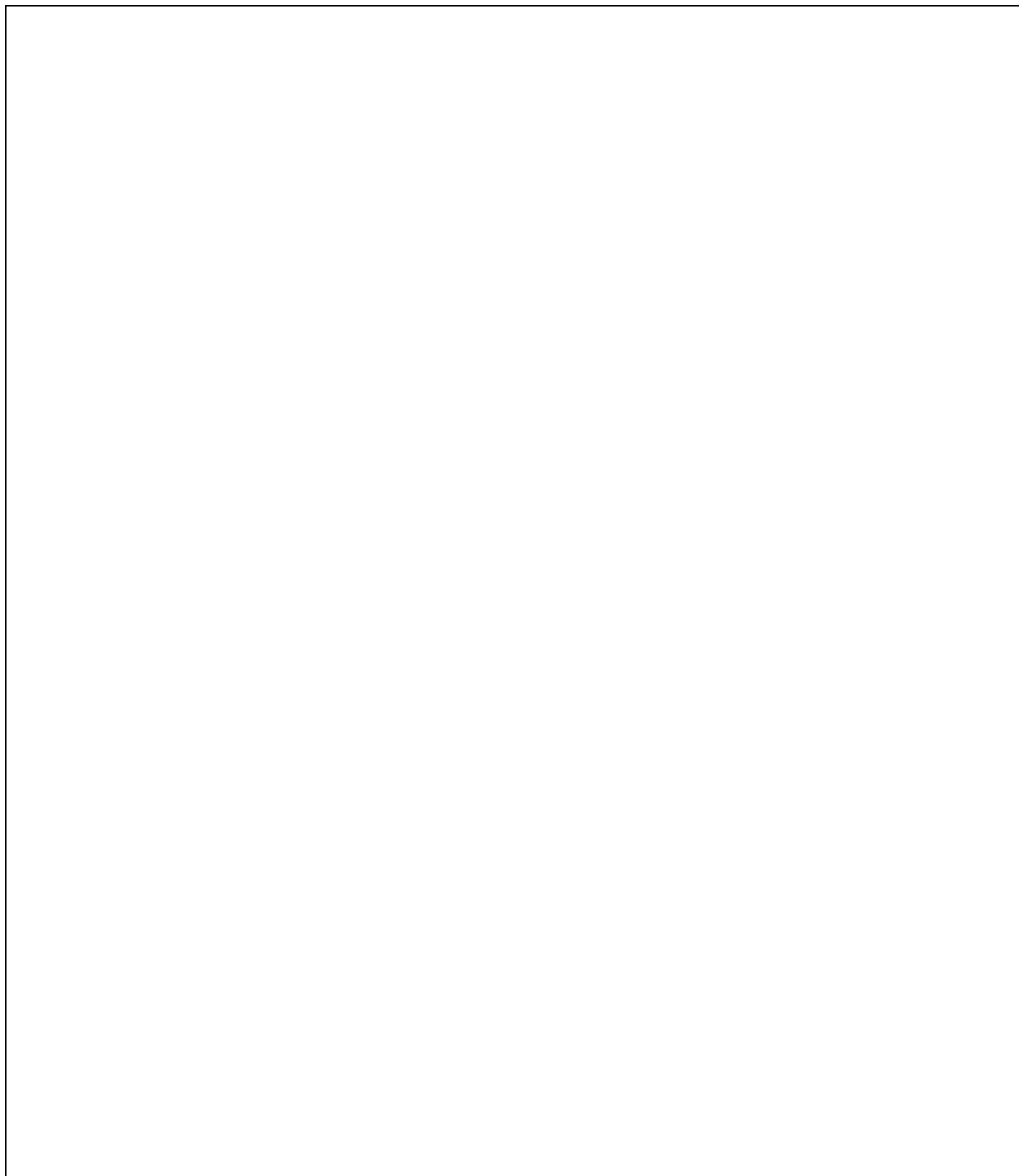
- What am I happy about in my life now?
- What am I excited about in my life now?
- What am I proud about in my life now?
- What am I grateful for in my life now?
- What am I enjoying most in my life now?
- What am I committed to in my life now?
- What am I going to achieve today?
- What can I do to help someone else today?

You can add questions to this list but make sure they're focused on the positive!

- Other –
- Other –
- Other –
- Other –
- Other –

Overcoming Imposter Syndrome

Try this for seven days and note the results.

A large, empty rectangular box with a thin black border, intended for the user to write down their results or reflections over a seven-day period.

Overcoming Imposter Syndrome