



Self Confidence Journal: A Journey Towards Self Love

By Julia Broderick

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. Fill out a page from your self confidence journal every night before going to bed. You will write about events that happened throughout your day such as your achievements, things you did that empowered you, things you did that made you feel proud and of course your good qualities. Every 30 days, there will be a progression sheet in order for you to keep track of your growth. When we focus on positivity, our world changes for the better. If we focus on the things we did wrong, our past, what we weren't able to achieve, how someone made us feel small etc. there's no wonder that anyone would have self esteem issues. When you feed your mind positivity and change your story about yourself, by writing down your qualities instead of your faults, your achievements instead of your failures, your inner strengths instead of outer negativity, things you take pride in about who you are instead of the things you despise, your inner and outer world will change. Here's what will...



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