Lesson 7

Toot Your Horn Exercise

Instructions: This exercise has been designed to boost confidence by discovering the person hidden inside you and making you find what makes you feel good.

By now you would share my view that positive thinking, in every moment of life, will always help you improve upon your self-image and make you feel good about yourself.

Answer as many questions or complete whatever you can. Save these sheets at a place where you can access them the moment you are feeling low and down. These sheets will definitely help you in boosting your self-esteem. The words on these sheets will remind you of your unique abilities, your positive attributes and the power that is within you!

1. I like myself because:

   _____

   _____

_____
_____

2. I am an expert at:

_____
_____
_____

3. I feel good about:

_____
_____
_____

4. My friends would tell you I have a great:

_____
_____
_____

5. My favorite place is:

_____

_____

_____

Another important thing that you need to do is earmark some time for yourself every day. Make this a 'ME' Time for yourself; a time when you connect to your inner being. Use this time to schedule activities that you like, activities that support your health and well being. Nothing from the outside world gets precedence over your personal activities during this time. You will see that your self-confidence will start improving. So mark my words and ensure this time marked in your schedule with your name is used to pamper your self-esteem.