

# Actions To Build Confidence

1. EVIRFOG REOSFLYU ADN SROTEH Forgive Yourself And Others
2. PDOEEVL NERIN EENSSRAWA Develop Inner Awareness
3. IELBEEV NI ROEFLUSY Believe In Yourself
4. EB FEALTRGU Be Grateful
5. USFOC NO OOTSSIULN Focus On Solutions
6. TKAE IOTANC Take Action
7. ECFA RYOU RFSEA Face Your Fears
8. QUNISETO OYRU OHTTSUHG Question Your Thoughts
9. ELT OG FO EHT TPSA Let Go Of The Past
10. MLEIS Smile
11. YONJE FELI Enjoy Life