**Seasons of Change – #3 “Spring ahead with Confidence”**

**AM TWIGS Class – Oct. 18th, 2020 The WALK Sheet**

**Watch the Video “What do strangers think of you” and answer the questions.**

1. **If you were placed in a room with a mirror and asked to talk about your imperfections, what would you say?**
2. **Now imagine that there is someone on the other side, what do you think they are saying? Think of positive affirmations that you have received and write them down.**
3. **Have you ever wanted to do something, but didn’t have the confidence? What was it?**

**Watch the Video - 7 Signs you lack confidence – Write them down, and the changes you make to gain confidence?**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**