



Today My Confidence Is...

It's totally normal for confidence levels to ebb and flow. Some days you might feel like you can accomplish anything and other days you might need a little more encouragement. Checking in with yourself is a great way to celebrate the good days and learn from the so-so ones. Grab stickers, markers, or stamps to fill in the confidence tracker below. You can do this daily or once a week, morning or night—whatever works for you!

Add the date here	///	///	///	///	///	///	///	///	///	///	///	///	///	///
Beyoncé Levels!														
Unstoppable!														
Kick-Butt Confidence														
Mostly Confident?!?!														
Proud of myself for having courage														
oof! Maybe Tomorrow!														

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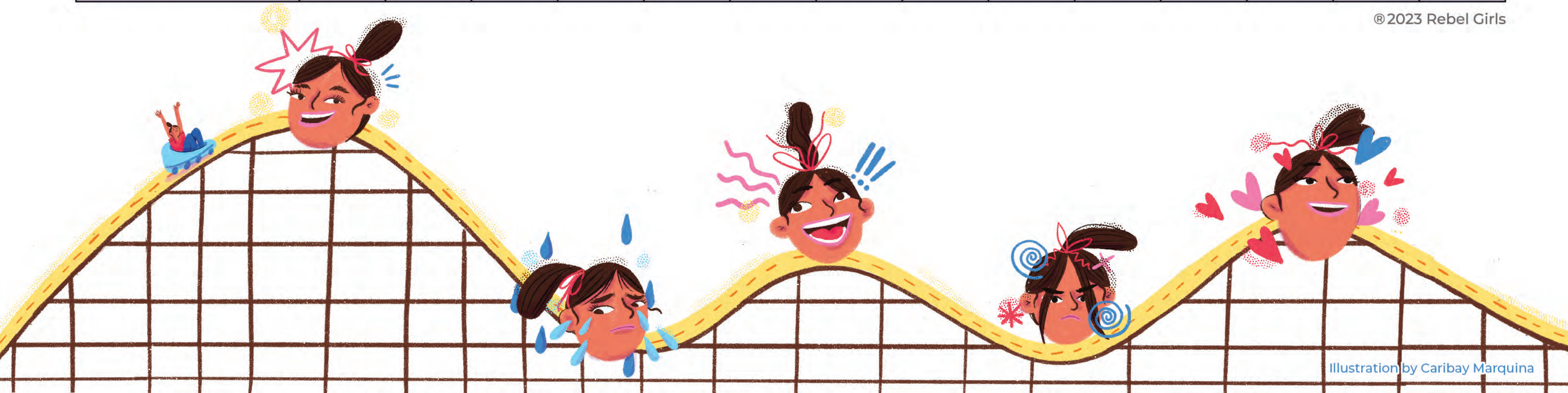


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