

The Confessions of a Woman of Excellence ©

Develop the Right Self-Talk - What are you saying to the woman in the mirror? The *value* we put on ourselves is the *value* others will put upon us. Guard against negative Self-Talk by taking the time to speak words of confidence over yourself, daily. We must choose to move beyond *OUR* own self-limiting beliefs and stop comparing ourselves to others. We are all women created by a loving God with a divine purpose in mind. **WE ARE PRICELESS!**

C – I am Courageous

O – I am an Overcomer

N – I am Noble

F – I am Faithful

E – I am Exceptional

S – I am Strong

S – I am Significant

I – I am Intentional

O – I am Outstanding

N – I am Needed

S – I am Successful



*"It's not what you **are** that is holding you back; it's what you think you **are not**."*

...Anonymous

Discover Resilience, Build Your Confidence, and Become Your Best Self!™

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