



*Be your best self*

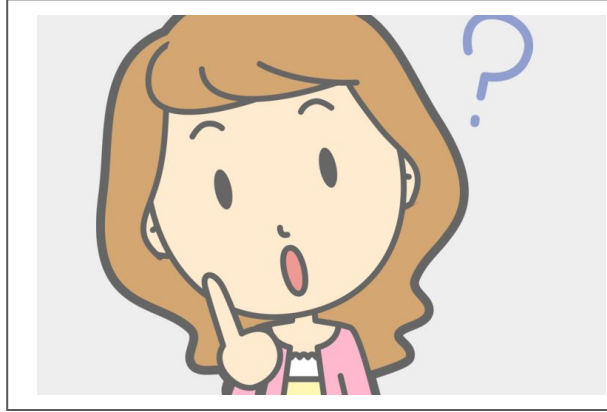
Increase **Self confidence** to  
reach your potential

Initiative by:





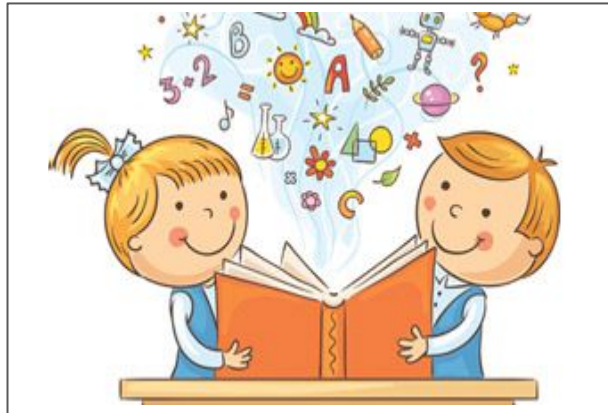
I feel



I think



I grow



I share



I act

I feel

What do I wish to feel more confident about ?



# I think

## Draw and Share



Scared of judgement



I am least confident about talking to new people



I can't make valuable addition to the conversation



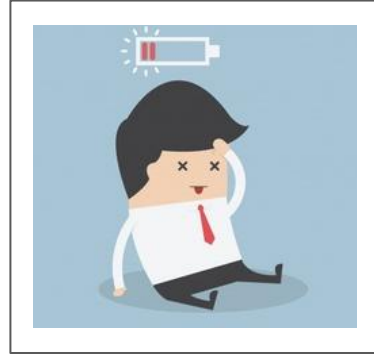
Scared to say something "stupid"



# Personal growth



Know your strengths

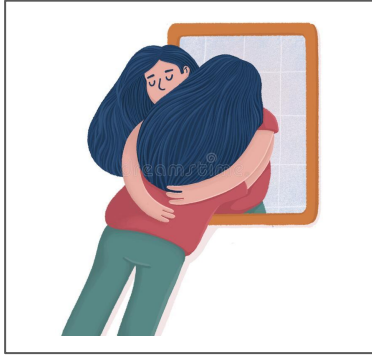


Accept weakness



Set goals

# Social support



Decide your  
own worth



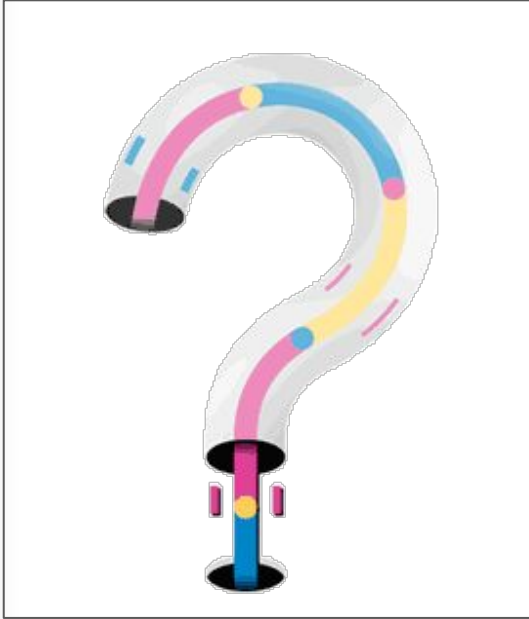
Be around  
positive people



Be honest with  
self & others

# Where do I lack confidence?

I share



What do I want to be more confident about?



What is stopping me?



What is my strategy/mantra ?

# I act

**"IF WHAT YOU ARE ABOUT TO DO, SCARES THE HELL OUT YOU...**

**THEN YOU KNOW FOR SURE THAT YOU JUST GOTTA DO IT!!"**

**GO TOWARDS IT NOT AWAY FROM IT**





THANK YOU



**MINDSHALA**

**Stay connected**

**Website: [www.aatmaprakash.com/mindshalalive](http://www.aatmaprakash.com/mindshalalive)**

**Contact us: 8171618411 or 9893953939**