

Sentelligent Confidence Building Tools

These tools will build your confidence but you must be willing to use them everyday.

Do not underestimate the simplicity of this. Put it on your calendar to take time do these each of these 3 items in the morning and early evening.

This document is infused with energy to help you let go of resistance to doing this 2 x day.

It will take no more than 5 minutes in the morning and evening. Intend that it be time well worth it and it will be

- 1) Mirror work that is new and innovative:
 - a) Look in the mirror and say *"I am that I am"* 3 times.
 - b) Then say, "I love myself and myself loves me" 3 times.

Do both 2 x day 1 in am and 1 in pm

- 2) Repeat this phrase:

"I allow myself to move forward with confidence and ask God to release all blocks in my way".

Drink some water.

Repeat 2 x day 1 in am and 1 in pm

- 3) Say this out loud:

"I am that I am confident in everything I do, in every step I take and in my wildest dreams. I rest assured that all is unfolding in divine timing."

Repeat 2 x day 1 in am and 1 in pm