

# Confidence Calendar

<p><b>Day 1</b></p> <p>Clean your desk or another area in your space that has become cluttered. Believe it or not, it makes a HUGE difference on your confidence &amp; creativity</p>	<p><b>Day 2</b></p> <p>Identify one habit that has impacted your confidence negatively, and think of ways to change or replace that habit for the next 30 days.</p>	<p><b>Day 3</b></p> <p>Create an acronym or affirmation that inspires or empowers you and post it somewhere where you can read it daily throughout this 30-day challenge.</p>	<p><b>Day 4</b></p> <p>Identify a scripture or positive quote that gives you life and reminds you of how amazing you truly are. Write it and post it where you can read it daily.</p>	<p><b>Day 5</b></p> <p>Make a list of 50 things you LOVE about yourself. Place those items on individual small sheets of paper and place them in a compliment jar, pulling one compliment daily.</p>
<p><b>Day 6</b></p> <p>Create a Spotify or iTunes playlist of songs that make you feel good.</p>	<p><b>Day 7</b></p> <p>What are you passionate about? Make a list of 5 things you are passionate about and think of one way you can pursue them.</p>	<p><b>Day 8</b></p> <p>Create a list of your personal strengths, gifts, talents and abilities.</p>	<p><b>Day 9</b></p> <p>Go throughout the entire day without saying anything negative about yourself of anyone else.</p>	<p><b>Day 10</b></p> <p>Each time you pass yourself in a mirror today, smile at your reflection.</p>
<p><b>Day 11</b></p> <p>Identify where you want to be 10 years from now and then think of and write 10 specific things you can do now to start working toward that reality.</p>	<p><b>Day 12</b></p> <p>Select an outfit (in your closet) that you rarely wear but that makes you feel great. Make plans to wear it one day this week.</p>	<p><b>Day 13</b></p> <p>Face your fears. What do you fear? Identify the things that may be holding you back. Now think of the worst case scenario.</p>	<p><b>Day 14</b></p> <p>Did you know Confident people compliment others? Compliment 5 people today.</p>	<p><b>Day 15</b></p> <p>Create a list of the top 10 things you value most and why.</p>
<p><b>Day 16</b></p> <p>Assess your associations. Identify the people in your life who breathes life into you, and those who suck the life out of you. Make a decision to eliminate the latter.</p>	<p><b>Day 17</b></p> <p>Get active today. Do something physical today (i.e. take a brisk walk, do yoga, or do a dance routine to your favorite up tempo song).</p>	<p><b>Day 18</b></p> <p>Think of one thing that has been on your "to do" list that you have been procrastinating to do, and simply DO IT!</p>	<p><b>Day 19</b></p> <p>Introduce yourself to three new people today.</p>	<p><b>Day 20</b></p> <p>Create a list of the top 10 people you value most and why. Next, select at least one of the people listed to call or send a card of appreciation.</p>
<p><b>Day 21</b></p> <p>Schedule a bra fitting to make sure you are wearing the correct size and most comfortable fit.</p>	<p><b>Day 22</b></p> <p>What would you do if there were no limitations? Write your dreams and aspirations just as God has given them to you.</p>	<p><b>Day 23</b></p> <p>Choose a "power pose" and practice it throughout the day.</p>	<p><b>Day 24</b></p> <p>Pamper yourself today (paint your nails, soak your feet, give yourself a facial, etc.)</p>	<p><b>Day 25</b></p> <p>Learn something NEW!!! Select a new book, webinar or online article that will provide new skills or insight that will enhance your skills or knowledge.</p>
<p><b>Day 26</b></p> <p>Closet Clean Up. Go through your closet and pack up every outfit that is too small, unflattering or uncomfortable. Bless someone else with those items.</p>	<p><b>Day 27</b></p> <p>Coordinate 3 outfits from existing clothes in your closet that make you feel good. Afterward, select one outfit to wear before the end of the week.</p>	<p><b>Day 28</b></p> <p>Pick, play and dance to a song that makes you smile.</p>	<p><b>Day 29</b></p> <p>List 10 things you are most proud of.</p>	<p><b>Day 30</b></p> <p>Look at the calendar for next month and pre-schedule designated "me" time for yourself at least one day per week.</p>