



# I know who I am and I am a woman of worth.

Journal Through  
Your Emotions

HALT! And Rise  
Above Feelings of  
Inferiority

Instill Confidence  
Through Letter  
Writing

Give Yourself  
Permission

Change What You  
Can, Pray About  
What You Can't

Learn Something  
New

Use Your  
Creativity

Share Your  
Expertise

Speak Up for  
Yourself

Discover &  
Celebrate Hidden  
Talents

Overcome Anxiety  
in Social  
Situations

Learn to Accept  
Compliments

Set Clearly  
Defined Goals

Maintain a  
Confident Mindset

Reduce Stress  
Through the  
Holidays

Explore  
Confidence as a  
Spiritual Mindset

[www.BecomingaWomanofWorth.com](http://www.BecomingaWomanofWorth.com)