

# Confidence In Me



Spread positivity and inspire confidence

**CONFIDENCE IS SILENT. INSECURITIES ARE LOUD.**

I WILL DRESS SHARP.

I WILL WALK WITH PURPOSE.

I WILL KEEP MY HEAD UP.

I WILL REMIND MYSELF OF MY STRENGTHS AND PURPOSE.

I WILL BE GRATEFUL FOR ALL I HAVE.

I WILL COMPLIMENT OTHERS.

I WILL SIT IN THE FRONT ROW.

I WILL MAKE MYSELF HEARD.

I WILL EXERCISE.

I WILL CONTRIBUTE.

**I WILL BE CONFIDENT.**



## Confident Me!

Confident Me believes that every young person should grow up feeling confident about their looks. That's why Dove has developed Confident Me. This club is open to both boys and girls

### Physical Fitness

30 minutes of heart pumping exercises to get us ready for the meetings.

### Nutrition

We will spend 30 minutes identifying better food choices and create recipes to share with our fellow club members.

### Hygiene

Each meeting will have a hygiene highlight to promote a healthy life style.

**\$10 fee includes t-shirt**

**CONFIDENT**

"Every choice determines the standard you accept for your life."

"Encourage yourself, believe in yourself, and love yourself. Never doubt who you are. Believe in your unlimited potential. The only limitations are those you set upon yourself."

"Don't give up what you want most for what you want

**FEARLESS**

"When your back is to the wall and you are facing fear head on, the only way is forward and through it."  
~Stephen Richards

**MOTIVATED**

"Stop thinking and begin doing. Intention is not enough unless you act. We are all blind to the future, so focus on what you need to do today."

"What you can become depends on what you can overcome."

No matter how small you start, always dream big.

**BETTER**

"Believe in yourself, your abilities and your own potential. Never let self-doubt hold you captive. You are worthy of all that you dream of and hope for."

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**DISCIPLINED**

You must suffer one of two things. The pain of discipline or the pain of regret. The pain of discipline weighs ounces, the pain of regret weighs tons."  
~Jim Rohn

"Take action because the pain of not doing it is greater than the pain of doing it."

**INSPIRED**

Wake up each morning and say 4 words; "I CAN DO THIS"

#speakbeautiful

