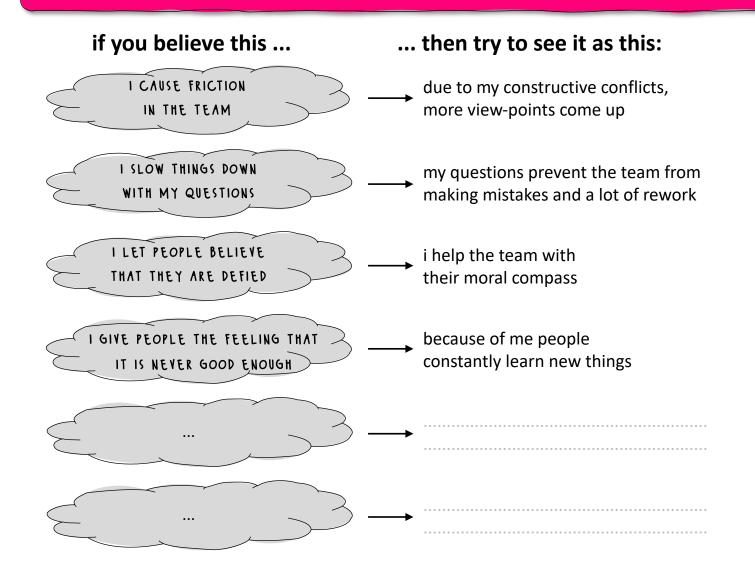
REBEL CONFIDENCE BOOSTER TOOL



how this exercise works

step 1

read the first four beliefs and get inspired how they can be viewed differently (and much more positively!)

step 2

reflect on your (negative) beliefs – can you come up with some more?

step 3

now flip each of these negative beliefs and try to reframe it as something positive



read the article to learn more about the topic

MORE: WWW.REBELLA.LA/REBEL-TOOLS