

Self Caring Co.

Confidence Focus Puzzle

"I stand tall in my truth and inner power."

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|---|---|---|---|---|---|---|---|---|
| | 2 | | | | 8 | 7 | 4 | |
| | 6 | | | 1 | | | 3 | |
| | | | | | | | | 5 |
| | | | 6 | | 9 | | 8 | |
| | 5 | 8 | 7 | 4 | 2 | | 1 | 3 |
| 9 | | | 3 | 8 | 1 | 6 | 5 | 2 |
| 8 | | 6 | 1 | | | 3 | 7 | 4 |
| | | 5 | | 9 | | | | |
| 3 | | 2 | | | | 5 | | |

Reflection Prompt:

Where in my life am I ready to show up more boldly?

Mindfulness Tip:

Stand tall, speak kindly to yourself, and celebrate one thing you did well today.