Morning Matters.... it sets up your day in the right way

Look in the mirror as you are brushing your teeth and get ready to pay yourself a compliment.

Say **out loud** to yourself, while looking directly into your own eyes, what you're good at, what you are proud of yourself for achieving, or overcoming, what skills, or talents or gifts you have.

Now say '**I am Special because.....** eg.' I'm good at baking cakes, running, swimming, listening, I'm a good friend, I tell the truth, I'm good at making up games, I'm kind to my brother or sister, I'm funny, I'm proud that I won a medal for Karate .....

Say anything that you appreciate about yourself & things that make you feel good about yourself.

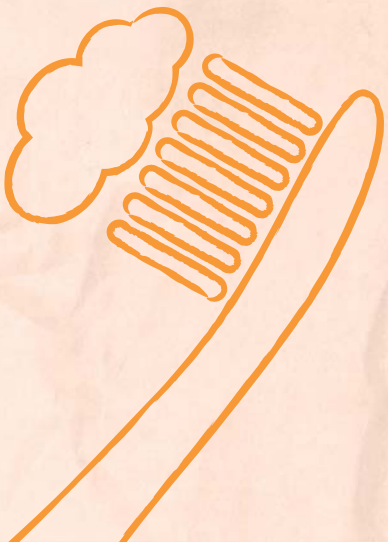
Then go about your day as usual.

Doing this simple routine EVERY morning will help you to develop your own self-worth, self-esteem and self-confidence.

At first doing this exercise might feel a bit silly & even stupid too, and you might get the feeling that "you're wasting your time" but believe me, this exercise is powerful!

It's like filling a big bucket of water, drop by drop each and every day & suddenly you'll realise that your entire bucket is FULL and you feel fantastic!

You've filled your own barrel of confidence
ALL BY YOURSELF!
Just ONE confidence drop at a time!



Give it a go...