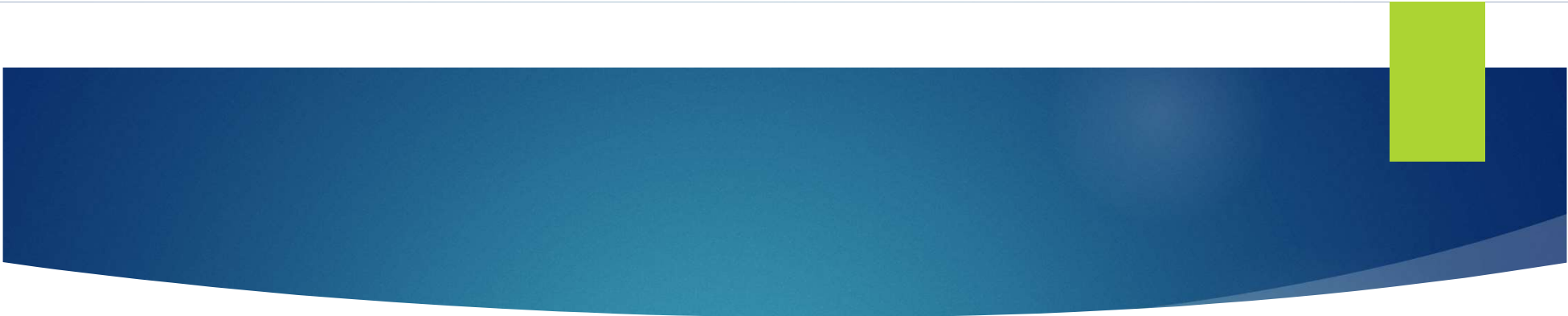
A dark blue book cover with a green tab on the right side. The title 'Act Like a Superhero' is written in white, all-caps, sans-serif font, centered on the cover.

Act Like a
Superhero



You cannot consistently perform in a manner that is inconsistent with the way you see yourself.”

- John Maxwell



Tool #1

Celebrate your
uniqueness to elevate
your confidence.



Activity

- Write down a sentence about your self-doubt.
- Write a sentence that is the opposite of that one.
- Write down 2 reasons you know the new sentence is true.

Tool #2



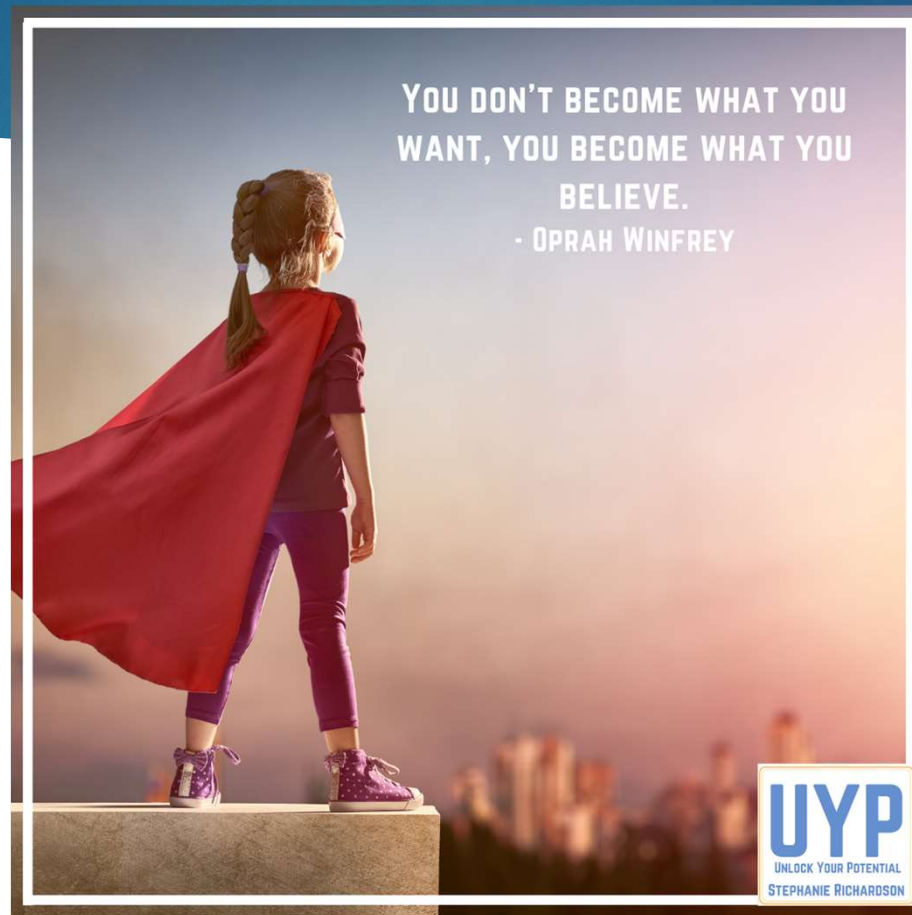
Stand, feel, and act
like a superhero.

Remember when you thought everything
was possible?



YOU DON'T BECOME WHAT YOU
WANT, YOU BECOME WHAT YOU
BELIEVE.

- OPRAH WINFREY





Activity

- Write down one lie you have told yourself.
- Write a sentence that is the opposite of that one.
- Write down 2 reasons you know the new sentence is true.



Tool #3

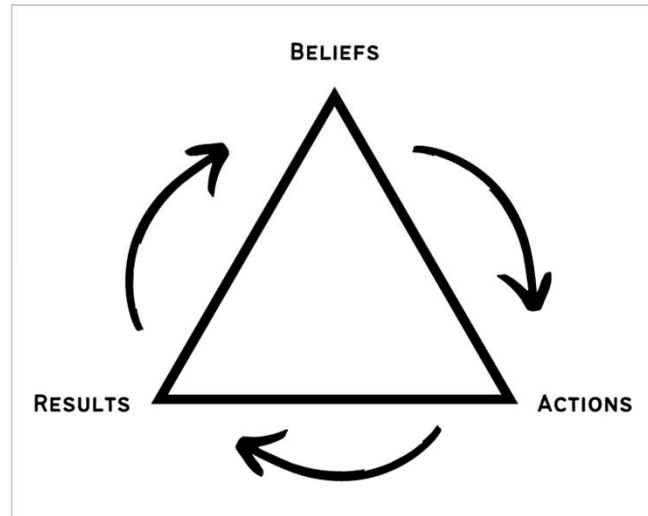
Victories yesterday give us
more confidence today.



Activity-Turn to your neighbor & share

Think of a time in your
life when you tried something
for the first time.

**YOUR BELIEFS DETERMINE YOUR ACTIONS,
AND YOUR ACTIONS DETERMINE YOUR RESULTS**



BELIEVE AND YOU WILL SUCCEED!



3 Tools

Celebrate your uniqueness to elevate your confidence.

Stand, feel, & act like a superhero.

Victories yesterday give us more confidence today.

Connect with Me

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Scan the QR Code for links to sign up for my audio courses or free weekly video newsletter, follow me on social media, or purchase my Amazon book!

