



💪 Confidence Catalyst 💖

Introduction

Dating can sometimes feel intimidating, especially when you're putting yourself out there. But here's the truth: confidence is magnetic and you are a magnetic being in your core - you just need to step into your worth and embrace your unique qualities.

This **Confidence Catalyst** is designed to help you recognize what makes you incredible so you can show up as your authentic self when dating—whether online or in person.

Revisit this activity whenever you feel doubt creeping in - this will empower you to date with courage and authenticity!

Step 1 - Absorption - Reflection

- Take a deep breath and center yourself.
- Imagine a close trusted friend or family member introducing you to someone who doesn't know you and sharing positive qualities, achievements or characteristics about you.

Step 2 - Activation - Brainstorm

- Now think about the qualities, achievements, or characteristics that make you most proud to be you. These can include:

Personal achievements (e.g., "I ran a half-marathon," "I earned a promotion at work").

Unique talents or skills (e.g., "I'm a fantastic cook," "I'm great at solving problems").

Personality traits (e.g., "I'm kind and empathetic," "I'm adventurous and love trying new things").

Ways you add value to relationships (e.g., "I'm a great listener," "I'm supportive and encouraging").



- Use the space below to set out 10 of these qualities, achievements or characteristics that make you smile, feel excited or happy (think about that tingly feeling you get inside):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Step 3 - Reaction - “I am amazing because...”

- Based on your list, write a short paragraph summarising some of the things you wrote above starting with: “I am amazing because...”.
- For example, “I am amazing because I bring positivity to every situation, I’m a loyal friend, and I always strive to be the best version of myself.”

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Well done for completing your Confidence Catalyst!

Now that you have your Confidence Catalyst, keep it somewhere accessible—take a photo of it and keep it on your phone, or print it off and put it next to your mirror so you can look at it every day, or keep it in your journal.

Anytime you're feeling nervous about dating, revisit this Confidence Catalyst to remind yourself why you are AMAZING!

Remember, confidence isn't about being perfect; it's about owning who you are, flaws and all.

You've got this!

Your Love Mentors,

Nicole & Sarah-Jane 💪💕💕