

Transform Your
Inner-Critic
Into Your
Inner-Cheerleader
For
Unshakeable Self-Belief
Day 3 Task



#BearWisdom®



HELPING YOU TO THRIVE AT HOME,
AT WORK, IN LIFE.

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Introduction

Welcome to Day 3! 😊

Before we do anything else, please take a moment to congratulate yourself on coming this far. 🙌 BRILLIANT! YOU ARE AMAZING! 🎉

Today is a BIG day. Today you will use your newly-created Inner-Cheerleader to help you grow your self-confidence and self-belief.

Today's task does require quite a bit of deep thinking. It may be useful to watch the webinar and make a start, then leave it for a while and come back to it.

Whatever you complete on today's task isn't set in stone - you can change it at any time. I change mine regularly!
Change what? You ask. Your Belief Tree. That's what you will be starting to grow today. It's a big task so we will do part one today and complete it tomorrow.

To complete today's task, you will need to download a blank copy of a belief tree and watch a webinar to take you through the process of creating your own.



ACTION REQUIRED

Download a blank belief tree [HERE](#)
Watch the Webinar - [CLICK HERE](#)



ACTION REQUIRED

Post the following in the comments for
#Day3 Task:

Which of your achievements did you
connect with the most?