

*Transform Your*  
Inner-Critic  
*Into Your*  
Inner-Cheerleader  
*For*  
Unshakeable Self-Belief  
Day 5 Task



#BearWisdom®



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

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# Introduction

Welcome to Day 5 - The Final Day of the Challenge! 🐻

I hope you're incredibly proud of all your hard work this week. 🐻

You've completed some pretty intense tasks over the last couple of days, so today is a bit lighter. Today is about reflection.

Invite you to:

1. Review any notes you have made this week.
2. Reflect on each day to identify your biggest 'lightbulb' moment or biggest win.
3. Commit to continuing development of your self-belief and inner-cheerleader. How will you do this?
4. What will you be able to do now, that you wouldn't have been able to before Day 1?

NOTES

## ACTION REQUIRED



Post the following in the comments for #Day5 Task:

- Your biggest 'lightbulb' moment or biggest 'win'.
- The one thing that you will do now that you wouldn't have done before this challenge.

*Please Join Me For Our Final FB Live,  
Closing Party This Evening At 7.30pm*