

UNLEASHING YOUR CONFIDENCE

Halloween Mermaid Retreat



1. The Brag Book

List 3 wins, testimonials, or moments that you felt unstoppable:

2. The Inner Critic Dialogue

Describe a recent situation when your inner critic spoke up. How can you rewrite the 'script' in your own voice?

3. Mirror Monologue: "I Am This Artist"

Say the following to your reflection, Write down any thoughts or feelings that arise.

*"I am an actor. I am an artist.
I belong, My voice matters."*

4. The Origin Story

Reconnect to your 'why' Why did you start acting?

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UNLEASHING YOUR CONFIDENCE



THE BRAG BOOK

Wins, compliments, and moments you felt unstoppable

THE INNER CRITIC DIALOGUE

Criticisms vs. empowered artist responses

CRITIC

ARTIST

MIRROR MONOLOGUE: "I AM THIS ARTIST"

Claim it. Say it out loud. Embody it.

THE ORIGIN STORY

Reconnect to why you started. Let it fuel you

FUTURE SELF VISUALIZATION

What would your powerful, creative self say