



# Finding Your Confidence Within

online course

to crush your health goals

step out of your struggle &  
return to your true highest SELF

[VanessaMarieLifeCoach.com](http://VanessaMarieLifeCoach.com)

*Vanessa Marie*

# MODULE ONE

*Welcome*

you have the power already within

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*Vanessa Marie*

# Course Syllabus

Vanessa Marie Life Coach

## MODULE ONE | Welcome

- Course Syllabus
- Welcome to Finding Your Confidence Within
- I'm Vanessa Marie, Your Coach
- Course Intentions & Instructions
- What to Expect From This Course

## MODULE TWO | "Who Am I"?

- Introduction to "Who Am I"?
- **LESSON #1** | Getting To Know Yourself
- Action Exercise: Self-Audit
- **LESSON #2** | Speak With Kindness
- Action Exercise: Changing Your Narrative

## MODULE THREE | A Growth Mindset

- Introduction to A Growth Mindset
- **LESSON #3** | Abundance and Gratitude
- Action Exercise: Living with Gratitude
- **LESSON #4** | Positive Affirmations
- Action Exercise: "My Affirmations"
- **LESSON #5** | How To Be Present
- Action Exercise: Embrace The Present
- Five Minute Meditation – Audio

## MODULE FOUR | Time to Take Action

- Introduction to Time to Take Action
- **LESSON #6** | Mastering Your Confidence
- Action Exercise: Building Your Self-Esteem
- **LESSON #7** | Confident Action Steps
- Action Exercise: Putting It All To The Test
- **LESSON #8** | Allow Your Dreams To Flow
- Action Exercise: "This Is My Dream"

## MODULE FIVE | You Did It!

- You Did It! | Real Change Takes Time & Continual Effort
- Don't Stop Now | You're Just Getting Started

## BONUS CONTENT

- Action Step Checklist
- Confident Action - Daily Chart
- Story - *One, Two, Three, Silence...* (with Audio)



- Book a Coaching Session with Vanessa
- Social Contacts
- Leave a Testimonial or Story

