

# Confidence Rejuvenated

Be rejuvenated as the confident woman God has made you to be.

ANGIE TOLPIN.COM

## PRE-RETREAT CHECKLIST:

- Grab yourself a cup of coffee or tea.
- Bring your Bible.
- Grab a notebook, pen, and Post-It notes.
- Make sure that you mark your calendar for the date and time for the retreat.
- Try to arrive to the online retreat 10-15 minutes early to have quiet time and to prepare your heart.

## PRE-RETREAT REFLECTIVE QUESTIONS:

1.) When you think about your confidence, what area of your life do you feel as though you're struggling with? Check each box that applies.

- |  |   |
|--|---|
| <input type="checkbox"/> Your marriage | <input type="checkbox"/> Your lifestyle                             |
| <input type="checkbox"/> Your family   | <input type="checkbox"/> Your health <input type="checkbox"/> Other |
| <input type="checkbox"/> Your career   | <input type="checkbox"/> Your body                                  |

2.) Reflect on a time when you felt like you had low self-esteem or were struggling with confidence. How did that affect your relationships?

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