



November 2024 INSECURITY

IS 201
Mending
H.E.A.R.T. Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 I am confident in my abilities.	2 I am proud of who I am becoming..
3 I believe in myself.	4 I embrace my strengths and talents.	5 I am enough just as I am.	6 I trust my intuition.	7 I let go of self-doubt.	8 I am strong and resilient.	9 I am capable of achieving my goals.
10 I am proud of my progress.	11 I am comfortable in my own skin.	12 I matter.	13 I focus on my positive qualities.	14 I let go of negative self-talk.	15 I am proud of my achievements.	16 I am worthy of love and kindness.
17 I am capable of handling anything that comes my way.	18 I trust in my ability to make the right choices.	19 I am confident in my own skin.	20 I am deserving of respect and admiration.	21 I am proud of who I am.	22 I am comfortable being myself.	23 I trust in my inner wisdom.
24 I am grateful for my personal growth.	25 I let go of the need for approval from others.	26 I trust in my own judgment.	27 I am confident in my ability to succeed.	28 I let go of fear and embrace confidence.	29 I trust in my ability to make a positive impact.	30 I am confident in my personal journey.
31 I let go of self-doubt.						

Insecurity is when you feel unsure about yourself or your abilities. It can be really tough to manage because it feels like you're always doubting yourself. It's like when you start a new job or school and you don't know if you'll fit in or do well. You might feel nervous, unsure, or even afraid that you're not good enough. Insecurity can come up in many different situations, like meeting new people, trying something new, or facing criticism. When you feel insecure, it's important to remember that it's okay to have these feelings and that you're not alone.