

How I Turned My Hot Mess To Success!

Therese Gopaul-Robinson

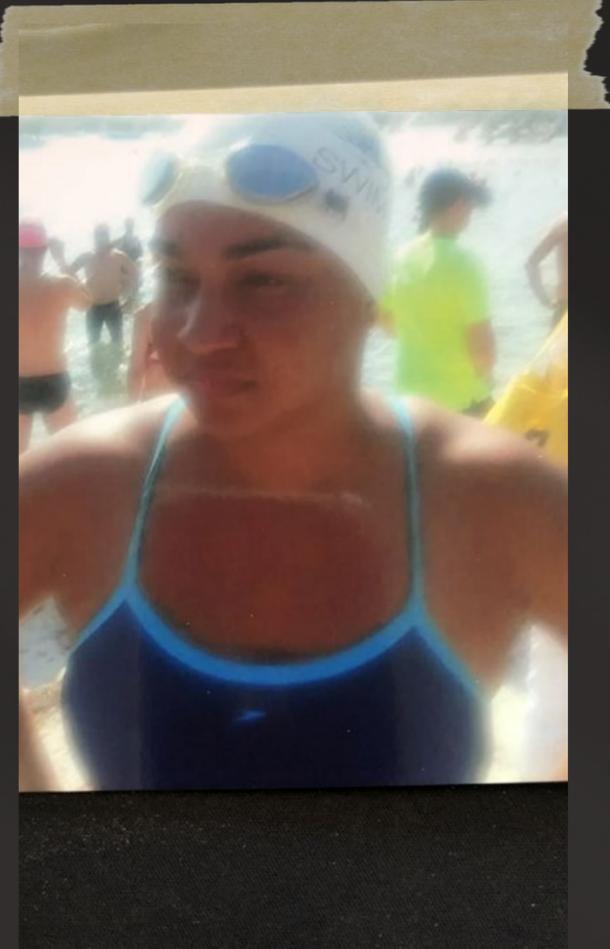




FIRED!!

Well That's Fun!

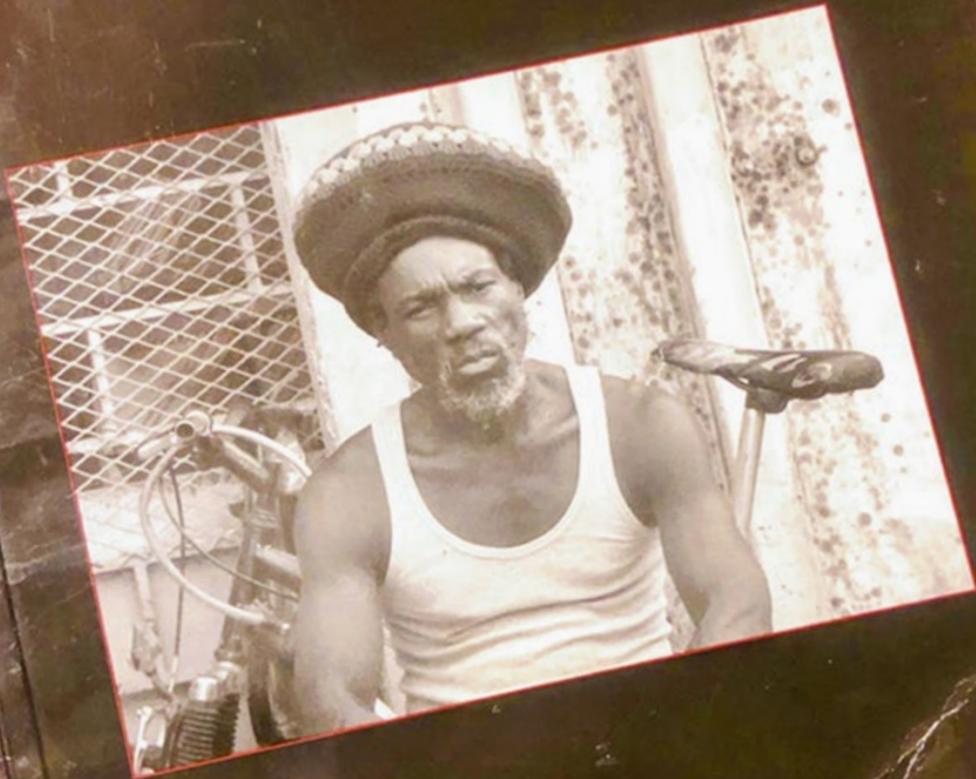




Souls

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New Social Movements in the
African Diaspora, II

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CONF!DENCE

Overcoming
Low Self-Esteem,
Insecurity,
and Self-Doubt

Tomas Chamorro-Premuzic, PhD

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VAUGHN CARTER

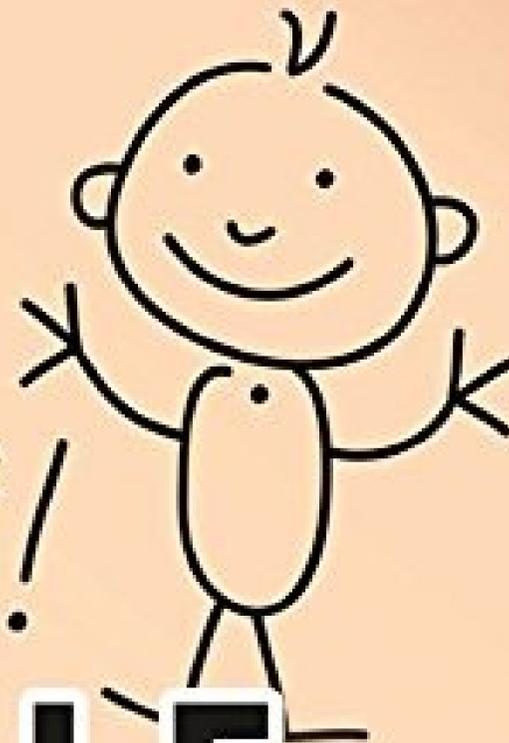
HELP ME, I'M STUCK

Six Proven Methods to Shift Your Mindset
From Self-Sabotage to Self-Improvement



Think Positive
Improve Your Habits
Experience Growth

I
love
myself!



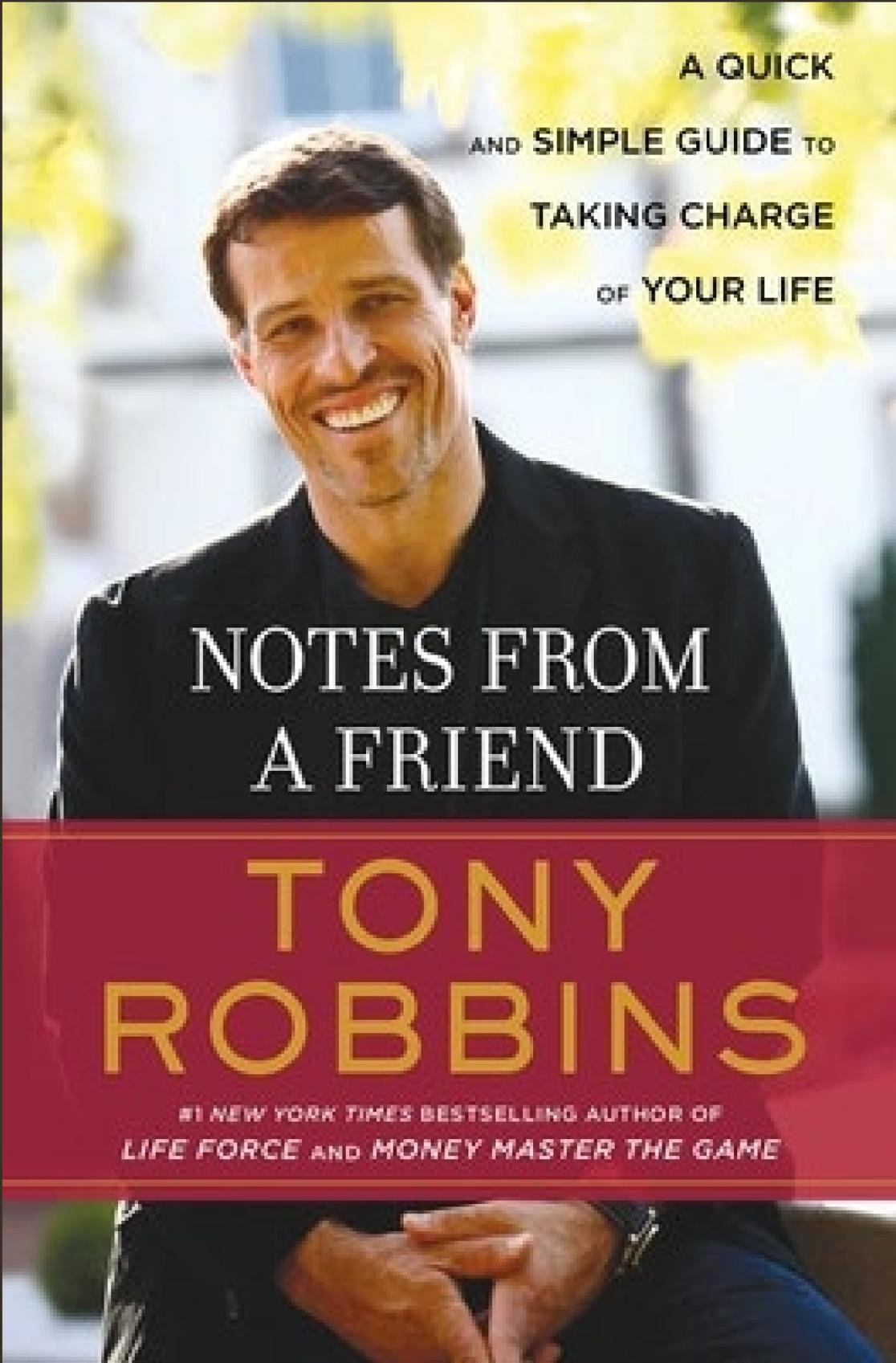
SELF ESTEEM

A 9 Step Guide To Kill Low Self Esteem
And Self Doubt For Ever!

GAVIN BIRD

A scenic landscape featuring a bright sunburst effect over a lush green field and a dense forest in the background. The sun is positioned at the top center, creating a strong lens flare and illuminating the scene with a warm, golden light. The foreground is a vibrant green field, possibly a meadow or a field of wildflowers, with some small purple flowers visible. The background consists of a thick line of evergreen trees under a clear blue sky with a few wispy clouds.

SUPER
SOUL
SUNDAY



A QUICK
AND SIMPLE GUIDE TO
TAKING CHARGE
OF YOUR LIFE

NOTES FROM
A FRIEND

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ROBBINS

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#ImposterSyndrome



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TORI AMOE



Little Earthquakes



**What. Do. You.
Want?**

I
T'
S

O

K

INVEST in my learning

TAKE baby steps

STOP comparing myself to others

OFFER myself grace

KEEP connected to my goals

I Win!



I T' S O K

INVEST more time in understanding something

TAKE smaller steps

STOP Googling the other THRIVE speakers

OFFER myself a pass

KEEP moving forward



More Joy!



**What. Do. You.
Want?**



70%





**This. Is. Your. Time. (It's
ok)**



IT'S OK