



# COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

## Past self journaling:

Take a few minutes to sit down and write down all the past good or positive experiences you have had doing readings, where what you brought through was correct, or was helpful in any way to the recipient, or even just a time where you had the courage to share what you were getting with a person (even if it was just small insights). Write down all the times you remember doing great, good, or even neutral readings (maybe they were not amazing, but also not horrible). Write as many down as you can possibly remember.

Going forward I want you to keep this list in mind, of the times you have been able to connect, as proof for yourself that you can connect. Any time you begin to doubt yourself on your way to do a reading, think back to this list of proof. You CAN connect, and chances are you will be able to connect today too.

## Future self journaling:

Take a few moments now to write down what your ideal confident self looks like doing readings? How does your future self act? How does your future self react when someone wants to get a reading from them? How does future self act afterwards? How does this all affect your future self's life, beyond just the reading? How does the reading affect the client's life? Imagine what the ripple-effects might look like.