

*Transform Your*  
Inner-Critic  
*Into Your*  
Inner-Cheerleader  
*For*  
Unshakeable Self-Belief  
Day 4 Task



#BearWisdom®



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COACHING & DEVELOPMENT

HELPING YOU TO THRIVE AT HOME,  
AT WORK, IN LIFE.

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# Introduction

Welcome to Day 4! 🧡

You are doing so well! Today is going to be AMAZING! 😄

Today you will complete your belief tree and consider how you will use it going forward.

You will need the belief tree that you began yesterday.

Once your belief tree is completed it's important to consider how you will use it to continue to grow and nurture your self-belief and inner-cheerleader. As with all the other aspects of this, it's a personal choice so I invite you to be open to the ideas shared, see how others in the group will use it - what other ideas do they generate?

Remember, this isn't set in stone, you may well find that over the coming weeks you want to change the content and play around with how you use the belief tree. It's important to have this exploration as it will continue to help you embed your inner-cheerleader.



## ACTION REQUIRED

Watch the Webinar - [CLICK HERE](#)



## ACTION REQUIRED

Post the following in the comments for #Day4 Task:

- 1 word from the lower branches & one from the roots.
- How will you use your belief tree?