







- music while you are starting your writing exercises, call a friend or listen to some upbeat music as you take your daily exercises. Whatever it takes to make it more interesting.
- Ask for support. We need regular reinforcement and recognition. If you're not getting it from yourself and those around you, find it and wrap it around yourself. If you don't ask for it, no one will know you want it and need it.

That's an order from the Confidence Coach, Kathleen Schulweis