



Dare to Dream

Self esteem and confidence building for busy women

This journal/book has been written for any woman who experiences any or all of these symptoms:

- constantly runs out of time to get through the "to do" list
- often feels guilty saying no and struggles making decisions
- is constantly overwhelmed with being overcommitted
- has no time for herself
- feels like she is on a non stop merry-go-round

If you know any women who match any part of the above description - this book is the perfect gift for them - you can help to spread the self esteem message!

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Dare to *dream*

Self esteem and confidence building for busy women

This book has been written for any woman who experiences any or all of these symptoms:

- feels like she is on a speeding merry-go-round and can't find the stop button
- constantly runs out of time to get through the "to do" list
- often feels guilty saying no
- struggles when faced with making decisions
- is constantly overwhelmed with being overcommitted
- has no time for herself
- definitely is not having enough fun in her life

Dare to Dream gives the reader multiple tips on:

- confidence building
- decision making
- moving out of your comfort zone
- a simple 5 minutes per day life changing healthy habit - to rapidly increase the number of 10/10 days in your month.

***Everyone experiences low self esteem at some time in their life
- it's just that people rarely speak about it - until now!***

Written and published by Robyn Henderson

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