Hey there, Brave Soul!

Here's a start for your evidence journal. You can use the following page as a template, print a ton for yourself, or transfer to whatever medium works for you. Whatever it is for you, just GET TO IT!!

I love hearing about people taking brave new steps in their lives as I do the same. We all deserve happiness, joy, belonging, love, success, etc. We all have the capability to take the steps to get there. Start collecting EVIDENCE of your journey now. You're on the path, I promise.

I'd love to hear how this is going for you, so feel free to drop me a line whenever.

To building your confidence,

Anya

My Evidence Journal

Date	Evidence that I CAN/I AM	Thoughts/ Feelings