

How to Help Her Feel Better

Master Class Pro-Tips

THREE MYTHS HER FRIENDS TELL HER

- What other people do or don't do is what makes her happy.
- If she's not happy all of the time, then something is wrong.
- She needs to figure this out on her own so she doesn't bring other people down.

Three Secrets to Feeling Better

- What she thinks about herself is what makes her happy (or not)
- Life is half good and half bad
- Help her by helping others

PRO-TIPS FOR CONFIDENCE

1. Dare of the Day for Confidence that Builds.

Remember, this is just outside the comfort zone. Use this skill to build a track record of achievement.

2. Teach her the power of her body. Use the power poses as developed by Amy Cuddy.

