

THE TRIPLE BOOST RULE

A confidence game for real-life challenges.

How it Works:

Whenever you think or say something negative about yourself... follow it with three (3) positive truths about who you are or what you're growing in. It interrupts negative thoughts and trains your brain to notice your strengths.

Examples:

- "I'm not good at this... but I'm learning, I'm improving, and I won't give up."
- "I made a mistake... but I'm responsible, I can bounce back, and I will do better next time."
- "I'm not the best... but I'm a great teammate, I work hard, and I'm getting stronger every day."
- "I feel different than everyone else... but I'm one-of-a-kind, I have unique talents, and God made me for a reason and a purpose."
- "I didn't understand something in class today... but I can ask for help, I can practice, and I will get it if I give it 100%."

Why it Works:

Confidence isn't about being perfect, it's about backing yourself up even when things get tough.

- **You never fail until you stop trying.** Albert Einstein
- **"Failure is success in progress."** Albert Einstein

Your Challenge:

This week, when your brain gets negative? Pause and press "Control Alt Delete"

This is going to take practice to change your negative narrative, but I know you can.

Say TRIPLE BOOST TIME and then say 3 positive things to yourself.

"I praise You because I am fearfully and wonderfully made." — Psalm 139:14

God gave you strengths. He has a plan — trust it.