

The What Is Cool About You Exercise

No matter how strong you are, no matter how much you evolve, your confidence can still take a hit. And if you are going to reach your full potential, you must protect your confidence as if you are protecting millions of dollars in a vault. So when life knocks your confidence down, you need the tools to boost it back up fast. Let me ask you this, what's cool about you? A crazy-sounding question? And perhaps a difficult one to answer? But don't diminish the value of asking yourself this question regardless of what level you perceive your life to be at. Now think about what you can put on your list.

THE TOP TEN THINGS COOL ABOUT YOU:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.