

**FEEL
GOOD
KICK ASS
CONFIDENCE**

workbook

USING YOUR BODY TO ROCK YOUR LIFE



P. VALERIE DAUPHIN
Award-Winning Author

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CHAPTER 1

WORKSHEET



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FEEL GOOD KICK ASS CONFIDENCE

Feel Good Kick Ass Confidence unveils a dynamic, revolutionary, and interdisciplinary approach to living your dream life by delving into the unique intersection of dance/fitness, personal growth, and spirituality. Using movement and your intuition as anchors, Valerie explores how to build your confidence from deep within to catapult you in boldly achieving what matters to you most in life.

Valerie shares inspirational and actionable tools to help you master success, quit the job you hate, set solid boundaries in your relationships, move out of your comfort zone, put yourself first, and ultimately, live a passionate life on your own terms.

Feel Good Kick Ass Confidence workbook gives you the ability to examine yourself what you have learnt so far. When you finish answering the questions in the workbook you will have gained more insight into your own life which you haven't had a chance to question to yourself.



P. VALERIE DAUPHIN

Meet P. Valerie Dauphin, an Award-Winning Author, Certified Life Coach, Dance/Fitness Instructor, and Creator of The Rock Your Life Danceshops™.

She is the Founder of Feel Good Kick Ass, an innovative coaching and training enterprise that empowers and inspires students through shared tools & strategies to help manifest a life driven by your dreams and desires.

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