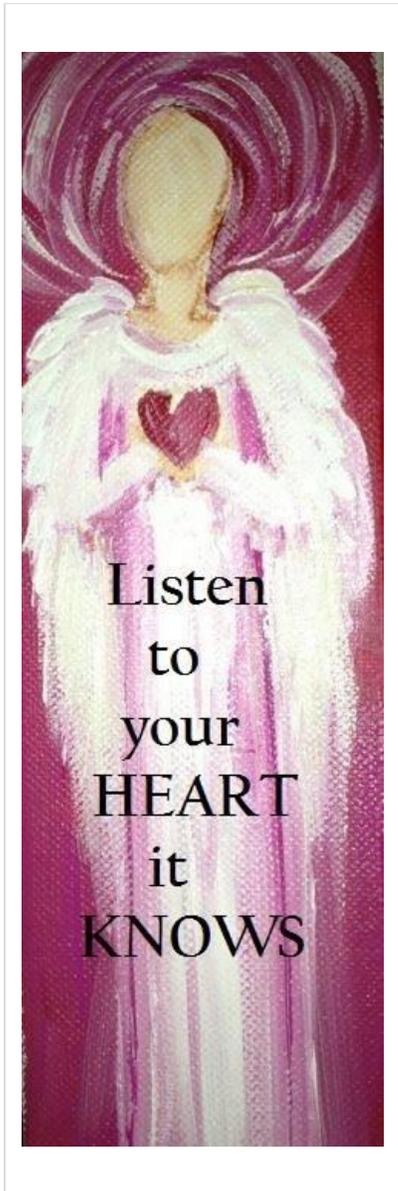


Welcome to Inspiring Butterflies 7 Day Journey

Stepping forward in balance and harmony!



Hopefully you had some fun yesterday, or at least a few smiles. Today we move on to a source of power within you. It's very easy to fall into the pattern of victim when you are surrounded by negativity. By tapping into your personal power, you can gain great insights and guidance for your journey.

Get ready to pat yourself on the back today as you move into the flow knowing that you CAN do it. Believe in yourself!

If at any time, you have questions, email marge@theawarenessgroup.com or ginny@inspiringbutterflies.com and we will be in touch.

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. Helen Keller



Day 3 - Confidence

Respecting and listening to your inner voice gives you the power to act with faith and confidence.

When you are faced with a decision, there are usually many opinions and voices that you hear. It can be a bit overwhelming. This butterfly is here to tell you that there is no better voice than your own.

Just have the confidence to trust **YOU**.

By listening to your inner voice, in time you will feel a new sense of strength, which in turn translates into more positive action.

The source of my confidence arrives through faith.

As you go about your day today, carry this butterfly image of confidence, either in your mind's eye or printed out on paper. When faced with decisions today (even small ones,) pause and take a breath of yellow light. This color carries strength and power which will give your inner self a clear voice. Then remember the affirmation for this day:

The source of my confidence arrives through faith.

It will be most helpful today to recall a past experience when you simply oozed confidence - looking and feeling great. Is there one little piece of that day that could be replicated now? What made you so confident then? What happened to that person or is she still here? Try to journal today, or perhaps draw a picture of what speaks to you of confidence and keep it close by.

**And so it is!
Marge and Ginny**

