

PROJECT *Confidence* Outreach Program

Perception is reality.  
Believe in yourself.

Sensual & Liveable™  
**CURVATION** eliminating racism  
empowering women  
**ywca**

PROJECT

*Confidence*  
Outreach Program

Express yourself in ways  
that bring you joy.

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Keep self-criticism in check;  
let constructive criticism  
motivate you.

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Speak your mind;  
don't be afraid to ask for  
what you want and need.

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Celebrate your strengths;  
put them into action.

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Break big challenges  
into smaller, more  
manageable tasks.

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Try new things and  
discover your talents.

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Take time to celebrate  
your victories.

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Love yourself for who you are.

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PROJECT *Confidence* Outreach Program

Give your  
confidence  
a boost!

For more information on  
the **Project Confidence**<sup>SM</sup>  
**Outreach Program**, log  
onto **curvation.com** or  
**ywca.org**.

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