



Y O U R



E S S E N T I A L
C O N F I D E N C E
B O O S T E R S. ©

TO BUILD YOUR *SELF EMPOWERMENT* RIGHT NOW



Dear Empowering Dance Souls,

I am feeling grateful you chose to receive 'The 6 Essential Confidence Boosters' towards leading an empowered life and building your self empowerment right now.

My name is Gina Pero, and dance has been in my life since the age of 4. From dance studio life, into dance competition, into majoring in dance in college, into professionally dancing all over the world, into dance education, teaching, and wellness, and now a full time Master Life Coach and Speaker, I was blessed to create longevity with dance in my life.

My soul is here, to teach you how to live an empowered lifestyle, and gift yourself with longevity in your passion.

As a young dancer, I struggled with insecurity, fear, negative self talk, and scoliosis. I had to learn how to quickly love and accept my body, my gifts, and learn how to empower myself each day to keep moving towards my dreams. I became self aware of what self confidence techniques worked very young.

These 6 Essential proven Confidence Boosters WILL lead you to building an empowered life right now. Whether you are a dancer, a dance teacher, a dance parent, or dance lover, I encourage you get ready to jumpstart your confidence. **YOU CAN EMPOWER YOURSELF!**

I invite you to share your questions, inspirations, and insights with me along your journey. I look forward to connecting with you! Remember, **YOU MATTER!**

Blessings,

Gina Pero



Your 6 Essential Confidence Boosters Vision

BUILDING YOUR *SELF EMPOWERMENT* RIGHT NOW

RESTFUL
SLEEP



HEART
STRENGTH



EMPOWERING
ENVIRONMENT



JOYFUL
APPRECIATION



INTENTIONAL
HYDRATION



PASSIONATE
PURPOSE





DIRECTIONS

The following pages will have each confidence booster shared in detail.

You will gain self awareness, self reflection,
and a confidence boost!

Your self empowerment practice starts
right now!

Do you really want to be self empowered?

YOU GOT THIS!

SELF ASSESSMENT LEADS TO SELF ESTEEM



RESTFUL SLEEP

Restful sleeping is waking up feeling your body's battery life is at 100%. You wake up feeling alive, grateful, and energized to begin your day.

On a scale 1-10, 10 being the best, color in the number that reflects your current restful sleep.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

HEART STRENGTH

Heart Strength is your heart muscle equally able to go up and down. Your heart is the largest muscle and is about the size of a fist.

On a scale 1-10, 10 being the best, color in the number that reflects your current heart strength.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

PASSIONATE PURPOSE

Passionate Purpose is feeling enthusiastic about what you are choosing to do and knowing why you are choosing to do it. Purpose with passion equals prosperity.

On a scale 1-10, 10 being the best, color in the number that reflects your current passionate purpose.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

JOYFUL APPRECIATION

Joyful Appreciation is feeling joyfully appreciative for who you are and what you have in your life today.

On a scale 1-10, 10 being the best, color in the number that reflects your current joyful appreciation.

1 2 3 4 5 6 7 8 9 10

EMPOWERING ENVIRONMENT

Empowering Environment begins with feeling empowered inside our mind, body, and spirit through our thoughts, feelings, and actions. Empowering environment is also choosing people, places, and things that empower you.

On a scale 1-10, 10 being the best, color in the number that reflects your current empowering environment.

1 2 3 4 5 6 7 8 9 10

INTENTIONAL HYDRATION

Intentional hydration is drinking water that is infused with your intention of love, gratitude, and joy.

On a scale 1-10, 10 being the best, color in the number that reflects your intentional hydration.

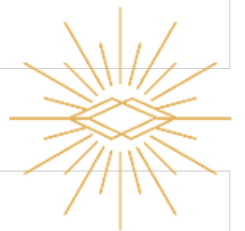
1 2 3 4 5 6 7 8 9 10

Self Reflection

WHAT DID YOU LEARN ABOUT YOURSELF?



WHAT NEW ACTION WILL YOU TAKE?



WHAT DO YOU WANT TO KNOW MORE ABOUT?

Resources for You



Wellness For Dancers

EMPOWERING WELLNESS

[JOIN US](#)

Join The Peroettes

PERSONAL DEVELOPEMENT GROUP PROGRAMS

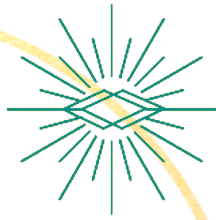
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Connection Call with Gina

15 MINUTE CONNECTION CALL

[CONNECT
NOW](#)





Thank You!



"I appreciate this journey with you. All with ease, joy, grace, and fun. The possibilities are around every corner and I honor this moment."

With loving support and guidance,

Gina Pero

www.ginapero.com