**The Confident New You – Free 5 Day**

**Online Challenge**

**October 12th – 19th 1:00 PM EST**

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Presented By:

BY: JACQUELINE CAPATOLLA

A person smiling for the camera

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Jacqueline’s House of Beauty Salon & Spa

310 / 330 Grant St

Lobby Suit 107

Pittsburgh, PA., 15219

(412)-281-2209

[www.jacqelinessalonandspa.com](http://www.jacqelinessalonandspa.com)

You’ll experience an ultimate make over using my wheel of confidence, so you feel self-love, confidence, have an exciting NEW image and feel beautiful

INSIDE AND OUT.

**INSIDE OUT**

**JACQUELINE’S 360**° **Confident Ultimate Makeover LIVE LAUNCH**

Our Daily Focus…

**Session 1:** Oct 12th - 1:00 pm, *Inspiration:* Learn the 5 areas to move from self-doubt to being fully confident.

**Session 2:** Oct 13th - 1:00 pm, *Identify:* Embracing who you are is your essence.

**Session 3:** Oct 14th – 1:00 pm, *Mindset:* Taking time to celebrate your wins. Gifts – Skills – Accomplishments

**Session 4:** Oct 15th – 1:00 pm, *Make Up Tutorial*: The 5-minute make-over so you look and feel more attractive in just 5 minutes a day.

**Session 5:** Oct 16th – 1:00pm, *Wellness*: “Tregar Therapy” learn a technique you can use to have instant stress relief when you need it, and use it over and over again.

Worksheets:

Use the worksheets to take notes – as your planner and your map to finding inner strength and beauty

Follow along with us Live each day to complete the worksheets provided.

**Notes**

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**The Wheel of Confidence 5 Areas You Need to Transform**

1. *Inspiration*
2. *Identity*
3. *Mindset*
4. *Physical*
5. *Wellness*

**Chart, sunburst chart

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1. **Areas of the Confidence Wheel Confident New You**

**1.INSPIRATION**: Learn the 5 areas to move from self-doubt o being fully confident

- Put a star next to each item you need to focus on

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1. **Identity:** Embracing who you **ARE**

* One area of who you are is your essence
* Define what your essence is and is not
* Exercise/action sheet

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1. **Mindset: Taking time to celebrate your wins**

* Start with a positive mindset\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What are you good at…?
  + Skills\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Gifts\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Accomplishments
* Identify your genius zone to translate your skills and experience into confidence and self-love

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1. **Make Up - Tutorial**
   * 5 Minute make over, so you look and feel more attractive in just 5 minutes a day
   * 5 minutes make over for an instant confidence boost
     + Skin
     + Eyes
     + Brows
     + Lips
     + Cheeks

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1. **Wellness: Self Care Tips**

* “Tregar Therapy” Learn a technique you can use to have instant stress relief when you need it, and use it over and over again
* And breathe – calm – balance – joy

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**NEXT STEPS:**

* Testimonials
* Questions and Answers
* Taking Action
* Getting Results
* How we can help you
* Transformation
* Building Relationships

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**CHECK OUT OUR**

* Membership Program
* Signature Course Program & so much more

MEET OUR TEAM AT INSIDE OUT AND GET SET UP FOR SUCCESS

* **NOTES/ KEY TAKEAWAY FROM THE LAUNCH**

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