Today, I pledge to be more confident in myself and my abilities.

**I WILL EMBRACE MY AUTHENTIC SELF.**
I will not give in to the pressure to fit society's stereotypes.
I will refrain from negative self-talk and show myself grace in times of doubt.

**I AM COURAGEOUS AND WILL PROUDLY LIVE BY MY VALUES.**
I will not compromise my integrity for the sake of others.
I will respect myself enough to say "NO" to people and situations that are unhealthy to my well-being.

**I WILL NOT UNDERMINE OTHERS’ SELF-CONFIDENCE.**
When speaking to or about other women, my words will be supportive and empowering.
I will use the network of women around me to influence our workplaces and communities in a positive way.

**I AM A WOMAN OF INFLUENCE.**
Because of me, women and girls will know that all things are possible.

*By taking this pledge, you are part of the Confidence Coalition. This is your commitment to unite with other women to educate and encourage every woman and girl to live her best life every day.*