



the inspirational  
coffee club™

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Hi, (Friend's Name)!

I need your help! I have been reading a delightfully uplifting book called *Inspirational Coffee Breaks for Women* by Julie Clark, founder of The Inspirational Coffee Club. In it, we are encouraged to collect 'Confidence Cups' from people who know us well. What is a Confidence Cup, you ask?

A Confidence Cup is simple, fun and it's something I'll hold dear to my heart for years. Here's what you do: In the cup below, write a short message about what you appreciate, value or admire about me. It can be short or long, paragraph form or bullets, funny or sentimental. There's no right or wrong way to complete the Confidence Cup. When you're done, simply return it back to me.

I have chosen you to fill one of my Confidence Cups because you've made my life richer by being in it, and I hope I've done the same for yours. Thank YOU for filling my cup with support, love, and kindness. I appreciate and value you.

With warmth and inspiration,

(Your Name)

PS: I'd be happy to fill a Confidence Cup for you, too. Just go to [www.theinspirationalcoffeeclub.com](http://www.theinspirationalcoffeeclub.com) and download the worksheet for free.

**A Cup of Confidence...**  
What I appreciate, admire, and value about you:

