

## **How To Produce Massive Confidence!**

The mind does only a couple things all day long, #1 – it protects the body!  
And #2 – a desire to move us forward - acting on our dominant thoughts!  
*You Become What You Think About... All Day Long!*

The biggest challenge is with the latter, most people focus on what DOESN'T WORK!  
So, in order to produce results you want, you need to have a vision of what you DO WANT... a clear vision! A *burning white heat*, as Napoleon Hill said over a hundred years ago in the famous book: THINK AND GROW RICH!

Once you know what you want, it becomes much easier to create it! The mind starts with what we put up on the screen of the mind. Your vision creates meaning, and meaning causes us to act... Focus, Meaning, Action!

The way we use this vision is when we need to 'feel' confident, we create the vision of what it looks like in our mind, being confident! When you THINK you're confident, your body acts accordingly.

### **Here are a few powerful exercises –**

**#1** – A simple exercise I teach all my students when they are feeling negative or YUCKY (that's a psychological term ;- ) Whenever you're not feeling so positive, and what to alleviate the feeling, do these two things - #1 – take a deep breathe and get that feeling out of your body. Throw your shoulders back, chin up and INHALE! Then slowly let it out. Do this 3 times. #2 – ask yourself this question: "*What do I want instead?*" This question presupposes we have an answer. Einstein said: "*Asking the right question is half the answer!*"

**#2** - Verbal affirmations are a way to PRE-program your unconscious mind for success. Though affirmations alone do not work. They need to be coupled with intense emotion. Intentionally use these inner voices that speak to you daily. It's like having a results coach at your beckon call. Imagine having someone in your corner every time you felt negative, helpless, even hopeless? YOU'D BECOME UNSTOPPABLE!

You want to say it to yourself 3X consecutively and get more intense each time, like this - "I like myself. I Like Myself. I LIKE MYSELF!" Say it with as much intensity as you can, to yourself, especially the 3<sup>rd</sup> time.

**#3** - Self-Acceptance involves embracing who you are, including all your strengths, as well as all your weaknesses, and imperfections. It's about recognizing that NOBODY is perfect no matter what Instagram and TikTok says! Give yourself permission to be IMPERFECT!

When you practice self-acceptance, you free yourself from the burden of unrealistic expectations and self-judgment, especially from other peoples opinions. Instead of focusing on what you perceive as flaws or shortcomings, SHIFT your attention to your positive qualities and achievements. This shift in perspective allows you to develop a healthier self-image with a more positive mindset.

Self-acceptance also involves being kind and compassionate toward yourself. Treat yourself with the same kindness and understanding that you would offer to your friend. This means acknowledging your efforts and accomplishments, even if they seem small.

Celebrate every success, no matter how minor they may seem. Be proud of all your achievements. My Mother has always said – *“PAT YOURSELF ON THE BACK, NO BODY ELSE WILL!”*

A powerful exercise – SEE YOURSELF as practicing self-acceptance, TALK TO YOURSELF with deserving language to create a foundation of self-worth and self-belief. And, FEEL THE FEELINGS! Where are they located in your body, of accepting yourself in becoming the best YOU possible!

Your Personal Power comes from within, accepting and embracing who you are today!