

BECOMING

Unwaveringly Confident

The Ultimate Guide to building lasting Confidence



BY CODY DACQUAY

I'M CODY DACQUAY



WELCOME

Its Nice to e-meet you! For those who don't know who I am, I'm a full-time nomad, entrepreneur, personal development coach, and adventure enthusiast!

My mission is to help people like you curate a life of **freedom & fulfillment** by awakening the alchemist within you.

ABOUT THIS GUIDE

The expression of confidence is an essential part of success & fulfillment in life. But what is confidence, and how do we obtain it? This e-book will provide some answers to these questions and touch on the importance of confidence, how to build it from the ground-up, and how to use confidence to improve your life to get you to that next level of success.

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It's only when you step into the unknown & fully embrace the mysteries that lie within it will you be able to truly understand how magical your life can really become!

What is Confidence?

Confidence, in short, is the belief in your abilities, qualities, and judgment. It is the feeling of self-assurance that supports you in successfully completing any task or attaining big goals - no matter how new or difficult they may be! Having self-confidence is the **key** to cultivating the courage needed to take risks, step into the unknown, and try new things outside of your comfort zone.

Staying inside of your comfort zone all your life only leads to stagnation, resentment & deterioration. The world keeps changing and moving forward. You have to keep progressing and change with it...otherwise, you will eventually be left behind. This is precisely why confidence is so paramount for attaining any form of significant change and personal success.





Often, people see confidence as a **permanent trait** - meaning that either you have it already or you don't. This limited thinking is ultimately what prevents people from taking responsibility for their own personal growth.

At the end of the day, there is only one thing we can control, and that is our mind. The mind is the super computer that operates every aspect of our life, and it remains pliable all our life! So learning how to harness the mind's abilities and build new traits like confidence is so important if you want to see new results in your external life.



My Personal Journey



When I was young, I was a very different person. I suffered from extreme social anxiety and depression. Some contributors to these conditions were the fact that I had Tourette's syndrome and a severe stutter, making it very difficult to articulate my thoughts into words.

I had developed such severe anxiety because I feared that people would make fun of me or judge my disorders. This ultimately drained all of my confidence. I mean why wouldn't it...Why would I be confident if I couldn't speak properly, or had ticks that people made fun of? The worse part was that the anxiety made the conditions worse, creating a dangerous never-ending loop of misery.

It took many years of suffering until I experienced a profound shift in awareness. One day I decided I no longer wanted to see myself as a victim of my circumstances, and I made it my mission to heal myself. Do you know what happened?

Not only did I become more confident, but I actually started healing my "disorders" - as if they were merely linked to my belief in them.

I know what you're thinking... How did you do it?

In the next couple of pages, you'll uncover how I overcame this seemingly impossible task...





How I've Built Unwavering Confidence

Building confidence requires time and effort. It's a process that involves both physical & psychological changes that can take time to develop... Especially since it involves first deconstructing old beliefs & then reconstructing new ones! So here are the most powerful tips that I've used to build confidence:

1. **Set realistic goals:** Set attainable goals when first starting and make a plan for how to achieve them. Breaking down your goals into smaller, achievable steps will help you build small bits of confidence and keep you motivated to continue. The point of this is to make yourself win as often as possible.

2. **Practice Self-Hypnosis:** Speak to yourself in a positive & encouraging way. Avoid negative self-talk, as this is damaging to your confidence. **Affirmations** are by far the most underrated tool to build confidence. Employ them immediately after you catch yourself thinking in a limiting way to neutralize the thought & build new belief systems.

3. Take care of yourself: act in ways that improve your physical & mental health. Exercise, eat healthily, and get enough rest. After all, the mind is a supercomputer and the body is the vehicle through which it operates.

4. Celebrate your successes: acknowledge your successes, no matter how small! Celebration brings us into a state of **gratitude** and excitement, which will ultimately raise our confidence. The more you acknowledge success, the more you will start to see yourself as a successful person.

5. Write out 5 wins at the end of each day. This is a powerful reflection practice that helps shift your focus on your successes. It's a form of positive reinforcement that connects your external reality to your new internal belief system, helping to solidify the change.

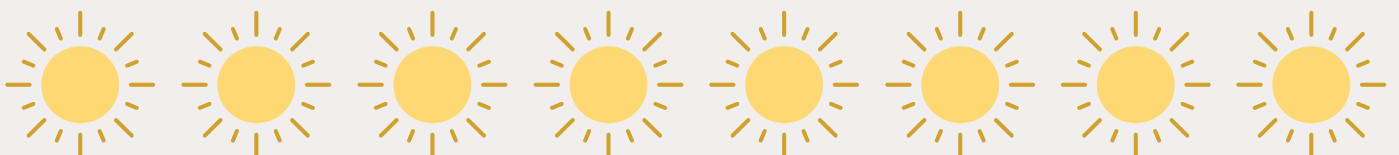
6. Take risks: try new things, even if it leads to failure! The ultimate way to develop confidence is to step out of your comfort zone and do things that push your perception of what you believe is possible to achieve. If you have a fear of public speaking, try speaking in front of a small audience and scale up as needed. Increased exposure leads to desensitization, allowing you to continue to push your limits and build confidence through experience.

How Confidence Improves Your Life

Building confidence will have a profound impact on every aspect of your life. I personally believe that If we want better results in life, we must first improve ourselves - and confidence is certainly up there in traits to develop!

It makes you more assertive, meaning you're more likely to stand up for yourself and make your voice heard, (something I learned the hard way). You will also be better able to handle difficult situations and feel equipped to handle the stress because of the deep level of trust you have in yourself.

To conclude, developing confidence will help improve your relationships with others. Building this trait will also aid in expressing your thoughts and feelings, making it easier to form meaningful connections in life & business.



Daily Confidence Worksheet

Print and do this worksheet every evening before bed.

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1 ACTIVITY THAT EXPANDED MY COMFORT ZONE:

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Want a Bigger Transformation?

My Services

Ultimate Self Mastery:

- 3 or 6 month 1:1 Coaching Program
- Bi-weekly deep dive calls
- Daily access to private telegram coaching
- Lifetime access to content vault

Strategy call:

- 60-90 min 1:1 intensive deep-dive

1:1 Telegram Coaching:

- 3 month private program
- 2-60 min deep dive calls
- access to content vault

Connect with me



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Live Beyond Boundaries



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you've got this, let the adventure begin!