

# Improve Your Self Confidence in 15 Minutes

Some people have naturally high levels of confidence but everybody can learn to be more confident. Firstly, it's important to get a clear idea of what self confidence really means, otherwise you won't know when you've got it! So, self confidence means:

- 1. Being calm.** For every situation in life you need to run on the appropriate level of emotion. Too much emotional 'leakage' into a experience can spoil the experience. You make great strides towards confidence when you begin to relax in a greater range of situations.
- 2. Being cool.** The second part of self confidence is about being able to relax with uncertainty. To be 'cool' in a situation really means relaxing with not knowing how things will pan out. If you truly tolerate uncertainty, you can do pretty much anything.
- 3. Not being too concerned with what others think of you.** You know when you imagine what some place is going to be like before you go there but when you get there it is totally different to your imagination? That's how reliable your imagination is! Stop trusting your imagination so much. I've long since stopped bothering to imagine what others think of me because so often I've turned out to be wrong.
- 4. Being specific - where do you want confidence?** 'Confidence' is meaningless until you tie it to something specific. You are already confident that you can read these words or can switch a light on and off. So you don't need more confidence everywhere. To get what you want in life you have to establish exactly what you do want. Where do you want confidence in your life? Think about the specific situations now and write them down. You beginning to steer your brain towards confidence.
- 5. Understanding that what you expect is what you get.** Your brain is an organ that needs clear goals to work towards. When a task has been set in your brain it will do everything it can do to bring about the completion of that task. If you've tried to recall someone's name but can't, hours later you'll often find their name pops into your head.

The 'trying to recall' experience set the task or blueprint for your brain's future subconscious behaviour which eventually produced the name for you - when you weren't thinking about it consciously. You can use this natural mechanism to start feeling more confident. But, to ensure you set the right task for your subconscious mind, the next point is vital.

**6. Don't task your mind with negatives.** Instead of: 'I don't want to screw up' (which sets the task of 'screwing up' for your brain), set the blueprint for what you do want! Your brain doesn't work towards what to do by being told what not to do. And nature has given you a wonderful natural tool to set the right task blueprints with.

**7. Use nature's goal-setter:** Now you understand how vital it is to set the right task for you brain, you need to know how to do this reliably. Good hypnosis will strongly 'program' the right blueprint in your mind through the use of your imagination. If you powerfully imagine feeling confident and relaxed while in a relaxed hypnotic state it will be hard for your unconscious mind to do anything else. The blueprint for relaxation has been set firmly into your subconscious mind.

### **3 simple strategies to get you feeling confident quickly:**

- 1. Think specifically of the time/place/situation you want to feel confident in.** Remember 'confidence' doesn't mean anything until you attach it to something specific.
- 2. Focus on words in your mind right now that describe how you do want to be in that time and place.** Maybe words such as 'calm', 'relaxed' or 'focused'. Remember your brain works on clear positive instructions.
- 3. Close your eyes for as long as you like and think about how those words feel.** Then, imagine the situation itself and rehearse it in your mind feeling confident and relaxed. This way you set the right blueprint or 'task' for your unconscious mind.

You can repeat this often to make it more effective and use it with as many areas of your life as you need to. If you listen to a hypnotic cd or download that can make the benefits even more powerful. So if you feel like you'd be blessed with less confidence than some other people you can start redressing the balance by using your mind in the right way right now.

It took me years to learn how to be more confident - now you can do it in a fraction of the time. Good luck!

### **Tips on SUCCESS**

Most of the rewards of success often come after the age of 40. that will be when, the hackneyed line goes, "Life begins" and things will not be as hard as when you were still struggling to hack out career. By the time you reach that age, you should already be valued for your experience, knowledge and judgement, rather than for your ability to work 18 hours everyday.

So what should you do to make sure you make it big before you reach that age?

- 1. DO YOUR HOMEWORK.** Learn everything you need to know about your business or profession before 40.
- 2. DEVELOP YOUR OWN STYLE.** Before you're 40, learn what u'r comfortable with Whether it's the way you dress or simply The small touches that set you apart. You Can experiment in your 20's and 30's but Establish your own style firmly by the You're 40.
- 3.PUT YOUR EMOTIONAL LIFE IN ORDER, IF POSSIBLE.** It's easier to climb the totem Pole of your career if you are happy in life, rather than when you are mired in emotional crises. Its hard enough to succeed without

taking on personal problems that lessen your energy and divert your attention. Besides unhappiness is like a disease. It gradually eclipses interest in everything else. Of course, all your difficulties can't be avoided, and one has to rise above them. But those who have managed to put their personal lives in order by the time they are 40 are generally in better shape for success than those who have not. So, if you are going to a hopeless affair, do it – before the problem's drags on into the 5<sup>th</sup> decade of your life.

4. KNOW YOUR WEAKNESSES. Accept the things that u don't do well, cant stand, and won't do. Get into the kind of work you enjoy before you are 40 or you are guaranteeing yourself an unhappy decade or two after that age.

5. KNOW UR STRENGTH You better decide what you're good at, too, and recognize the things you enjoy doing and do better than anyone else. Whatever your role, knowing who you are and what you've good at is critical for success.

6. MAKE A START PUTTING AWAY YOUR "I QUIT" MONEY. Nothing is so depressing as absolute dependency – the knowledge that you cant afford to quit your job or take a risk in changing careers. Put away enough so that you have a safety net. You may never use it, but sometimes, the only proper response to situation is "*Gentleman quit*" – *and you'll hate yourself if you're not in a position to say it.*

7. ESTABLISH A NETWORK If by 40 you haven't build a network of friends, or at least people who rely on you and to whom you can turn, you are in trouble. A network Is not something you can establish overnight? It takes a decade of nurturing. In business as in politics, you need a lot of people, spread out in the right places, who you can depend on you.

8. LEARN TO DELEGATE Those who cant do this are condemned to remain in subordinate positions. Delegation is half of success. A person who cannot delegate will Find him fatally handicapped. You must be able to pick the right people and trust them.

9. LEARN WHEN TO KEEP YOUR MOUTH SHUT: More careers are ruined by careless talk than by anything else. Learn to keep quite and look wise. People will naturally suppose that you know more than you probably do. Don't gossip and don't talk about your plans. A reputation for keeping

Secrets far outweighs the easy popularity that sharing gossip may give you. Remember, in higher management, secrecy is highly valued.

10. **BE LOYAL** A reputation for disloyalty usually makes you unwelcome anywhere in business. You claw your way to the top not by back – stabbing, but by establishing on in your career a solid-reputation as a faithful man. If you can't establish a reputation for rock-hard 100 percent loyalty by the time, you're 40, you won't find many places to go in your career.

11. **ALWAYS KEEP YOUR SENSE OF HUMOR**  
Here on earth, nothing is forever, not even  
Success!