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Table Of Contents

Foreword

Chapter 1:

Why Humans Need To Be Confident?

Chapter 2:

Answers To Lack Of Self-confidence

Chapter 3:

10 Tips To Boost Self-confidence Instantly

Chapter 4:

Adjusting Your Belief System To Unlimited Confidence

Chapter 5:

Your Body And Self-confidence

Chapter 6:

How To Speak Confidently

Chapter 7:

Confidence In Relationships

Chapter 8:

Supercharge Your Self-confidence

Chapter 9:

Overcoming Hardships Confidently

Chapter 10:

Tuning Your Internal Voice In To Confidence

Wrapping Up

Foreword

Every day, in one way or another, people are faced with challenges, and while some are relatively small, others can be quite overwhelming. Therefore the need for confidence is essential if the individual is going to be able to handle these life issues adequately and effectively. Get all the help you need here.



The Confidence Factor

Harnessing The Power Of Unlimited Self Confidence

Chapter 1:

Introduction

Synopsis

There are several different levels of confidence. An individual should display a certain level of confidence in different situations. This can be developed with a little practice and positive reinforcement.



Humans And Confidence

The following are some of the reasons why humans need the element of confidence if they are going to be able to function competitively:

- Confidence is needed when the individual is faced with a problem that requires the individual to seek help from others. Most people who are confident in their own person and capabilities will see or feel no threat in seeking assistance from other sources. This level of confidence is displayed in the ability to seek and use other points of views or efforts for the betterment of all.
- Confidence is also needed in the everyday workings of life. Those who are confident will find that they are able to get others to follow their lead without too much effort or objections. This is mainly because more people will be naturally drawn to the leadership qualities that the confidence displays.
- Confidence also allows the individual to have a certain unshakeable amount of faith and strength in his or her decisions, thus enabling them to carry out duties and actions which are positive and beneficial. Without this sort of decisive decision making, a lot of things will not be able to be completed or it will encounter snags which no one wants. When it comes to problem solving and getting the tasks completed well, confident people are usually the prime candidates chosen.

Chapter 2:

Answers To Lack Of Self confidence

Synopsis

Most people are very private about their emotions, especially if these emotions are not of the positive sort. However when it comes to lack of self-confidence, there is very little one can do to disguise the weakness which is usually very evident.



Know The Signs

There are several notable signs that clearly show the lack of confidence in an individual, and with some practice, these signs can be used to help the person identify the areas where there is a lack of self-confidence and work towards overcoming this negativity. One of the obvious signs is when the individual is full of excuses as to why he or she should not be considered for a particular task. To make matters worse, when the task encounters problems, the individual would probably be one of the first to bail.

Other signs would include the ever ready excuse given should something go wrong, even if it was accidental. When it comes to confident people, they would just apologize for the mistake and move on. If they decided an explanation should be forthcoming, only then, will they extend this courtesy. Otherwise they are confident enough to presume that an apology will suffice.

If an individual is seeking answers for their lack of self-confidence, then the first place to look would be within oneself. Lack of confidence usually stems from deeper issues, such as being consistently told or reminded of the individual's uselessness, being put down a lot, being laughed at and many other possible and probable negative remarks that are so embedded in the mind, that the individual is unable to function without drawing on and being reminded of this negativity.

Other ways of seeking answers to solve this dilemma of lack of self-confidence would be to listen to as much motivational material as possible. Reading motivational material is also encouraged, as it will help to give the necessary guidance needed to alter the mindset and perception of things and the people around.



Chapter 3:

10 Tips To Boost Self-confidence Instantly

Synopsis

Building self-confidence usually does not happen overnight and takes some practice and concerted effort. The building of self-confidence is done through constant application. As the self-confidence is exercised, it becomes easier and better to exude.



Useful Tips

The following are some tips that can be promptly applied to help an individual boost their self-confidence levels immediately:

- Questioning the worse possible outcome and accepting that it's not the end of the world.
- Trying new things and achieving some level of success, even if the success is small, will help the individual build self-confidence levels instantly.
- Listening to music that lifts the spirits and inspires the individual to get the task done quickly and efficiently is also another option.
- Making plans and sticking to them even when everyone says it is not doable will help to boost both the outcome and the confidence levels.
- Using meditation to draw on the inner strengths also helps to boost self-confidence instantly. There are methods where the breathing styles help to cause a chemical reaction within the body to give that extra boost.
- Exercising is also a great self confidence booster, as here again the chemical reaction within the body allows it to push limits.

- Facing fears will also give the individual the inner confidence to overcome challenges.
- Creating something that is useful and compliment drawing will certainly contribute positively to instant elevated self-confidence levels.
- Realizing that past mistakes don't dictate the individual's capabilities to venture forth is also another form of boosting self-confidence levels.
- Improving social skills will also help the individual to attract more positive attention, thus contributing to elevated confidence levels.



Chapter 4:

Adjusting Your Belief System To Unlimited Confidence

Synopsis

The belief system of an individual generally dictates the other aspects of the individual's life and daily decisions. Therefore, with the correct belief systems in place, it is possible to garner the unlimited confidence levels to be capitalized upon.

The belief system usually is the dictating factor of our thought process and is a very powerful tool or asset which should be used as often as possible, if it helps to ensure better confidence levels built. Essentially, the belief system makes up the individual's whole outlook on things, and therefore it is very important to ensure the belief systems are all based on positive ideas and input.



Keep Things Positive

Having positive core values will help the individual to search for the best and most accurate solutions to everything, as nothing less would be acceptable. This will help the individual strive for a more complete confidence level in anything and everything he or she decides to dabble in. The surroundings of the individual also play a role in dictating the kinds of values that the individual eventually adheres to.

Spiritual health is also a condition marked by the diminished sense of fear and the willingness to strive forth until the end goal is achieved. This mind set will also contribute to the individual's self-confidence levels being built up consistently. The daily experiences of peace, joy, gratitude and unconditional love all give way to a better and stronger ability to cope with various different situations. This exposure will eventually create an unlimited amount of confidence in the individual. The inner source of infinite power will help the individual tap into the self-confidence whenever the need presents itself. This ability to call on the seemingly dormant self-confidence is a definite advantage to tap into when facing challenges that require a higher level of risks and decision making.

Chapter 5:

Your Body And Self-Confidence

Synopsis

Image is almost always a dominant factor in confidence, therefore having a good image in the form of a healthy and attractive body, will automatically boost the self-confidence levels of the individual. The connection between the way in which the individual perceives his or her body conditions definitely plays an important role in the confidence exuded.



Build A Positive Image

The following are some ways to help the individual build up a good body image to ensure their self-confidence is not shaken in any way:

- Choosing an activity that is enjoyable to the individual will help them stay with the activity until the positive results can be seen in the form of a fine tuned body and good health. When the body image is respected and there is no shortage of compliments, the elevation of their self-confidence can be very evident.
- Joining a group fitness center that helps to create healthy body and mind images will also help the individual to fine tune this part of their lives, building self-confidence to ensure the gradual and natural confidence levels.
- Most men and women today take the extra time and trouble to create the ideal look that enhances their basic assets. This is only done with the main intention of not only attracting attention, but also to help boost their self-confidence. Being complimented often is one of the best ways to build up the self confidence levels in a person.
- People who have good body contours will definitely behave in a more confident manner which is usually envied by those around.

Chapter 6:

How To Speak Confidently

Synopsis

Being a confident person requires some conscious effort, but it's well worth the time as most people respond well to confident individuals. Even if what is being said is not totally interesting or accurate, a confident person is usually able to capture and hold the attention of the audience long enough to make a point.



Speak Effectively, Speak Confidently

The following are some tips on how to speak effectively and confidently:

- Practice regularly by picking up conversations with anyone at any time. This will help the individual build up a good base, and thus be able to gauge by the session, the effectiveness of his or her contribution to the conversation.
- Knowing a little about the interest and mental capacity of the listening audience will help the individual gear the conversation topics to ensure their interests and attention span are effectively captured. This is a very important rule to follow, as confident people usually only indulge in topics that they feel will lock in the attention of the listener.
- Using simple words and sentences will be the normal choice for the individual who is confident as they would not want to bore the listener with language skills that are not appreciated. Keeping the information spoken in short and point form sentences will also further display the skills of the confident speaker.
- Being mentally prepared is also another important trait of a person who is able to speak confidently. Armed with the relevant information, the speaker is able to make a confident

delivery style that will be evident in both the content of the material being presented and in the demeanor in which it comes across.

- Volume is something that is often overlooked but is no less important when the individual is intending to present information. The vocal volume used should be loud and clear as this will definitely hold the attention of the audience.



Chapter 7:

Confidence In Relationships

Synopsis

Any relationship should ideally have some level of confidence. Without the confidence element, there are usually insecurities that can creep into the relationship and cause the parties to doubt each other and have other negative thoughts and presumptions about the relationship as a whole. Therefore the confidence factor plays an important role in the relationship.



Success In A Relationship

The following are some reasons as to why having confidence or working at incorporating confidence is an important ingredient in any relationship if it is to achieve some level of success:

- Things that contribute to destroying a relationship are not always tangible and from outside sources. They are usually the contribution of the individual who is not very confident, thus allowing negative thoughts and actions to surface in the course of the relationship. Therefore it is not always the circumstances, but usually the mindset of the individual that causes the problem.
- Being physically and mentally fit also allows the individual to have the energy to contribute positively to the relationship. People who take pride in being at the top of their game both mentally and physically are usually well able to provide and exude confidence, and this is an attractive feature to have in the relationship arena. Others are usually hypnotically drawn to such confidence.
- The confidence factor also gives the individual the leeway to have his or her view actively sought after, as in most cases this view point is taken to be highly valued and its content full of positive substance.

Chapter 8:

Supercharge Your Self-confidence

Synopsis

Self-confidence is a very attractive and beneficial disposition to display. Being super self-confident is an even more attractive aura to own and this can be done with a little concerted effort on the part of the individual.



Useful Pointers

The following are some tips on how to be super self-confident, as this is definitely the way to get people to accept the individual without reservations:

- Perception is very important, as what the mind sees it accepts, and only after the initial acceptance does the mind question further. The body language of a confident individual is very evident in the way the individual presents himself or herself. Such people usually walk and speak in a manner that is unmistakably different and impressive. Therefore if the individual is serious about projecting this image, some practice and observations are called for. Practicing in front of a mirror is sometimes the best way to critically view the entire “package”.
- People, who are super confident are able to hold eye contact comfortably. This eye contact is very important in engaging the other party’s complete and undivided attention. This is usually a common practice which comes very naturally to a super confident individual. Holding a gaze does not in any way make them uncomfortable, and this is clearly evident in their ability to garner eye contact whenever they engage others in conversation.
- Personal affirmations are also another effective tool in getting the individual to accept and see themselves as confident and capable. Constantly chanting mantras that have a positive

connotation and sound will help the unconscious mind pick up and firmly plant these in the individual's mindset, thereby effectively conditioning the individual outlook of anything and everything. There is power in the mind and thought process, and super confident people understand the need to constantly reinforce the thought process with positive inputs.

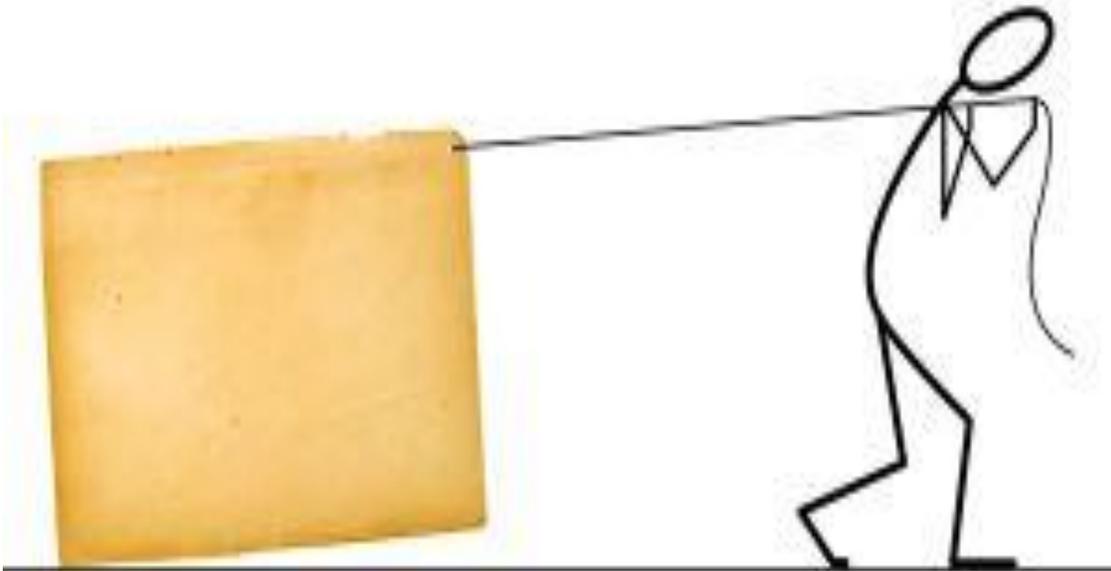


Chapter 9:

Overcoming Hardships Confidently

Synopsis

Going through hardships can be a very difficult experience to endure, and having the lack of confidence to face the problem will further cripple the situation. Therefore it would be in the best interest of the individual to learn or acquire some skills on how to overcome hardships confidently.



Helpful Methods

The following are some tried and true methods that have been used by those people who depend on their confidence levels to get them through hard times:

- Confident people are usually acutely aware of their individuality and uniqueness. Instead of avoiding the “gift” they embrace and capitalize on it as often as possible. This allow the confident individual to eventually use this positive element to keep their mind focused on good and beneficial things and ideas that will eventually help them out of the difficult situation. Therefore by exploring various different activities and through processes, one will eventually be able to identify something that can help to define the individual and thus elevate the confidence levels from within.
- Confident people are usually very prepared to give anything and everything their very best, even in the eye of possible defeat. This commendable factor, is one of the important platforms that sometime works to their advantage, and allows them the skill and knowledge to get out of hardship. Learning to fine tune this ability is one of the traits of a confident person.
- Perseverance is also another characteristic present in the makeup of a confident individual. A confident individual is able to focus completely on the task, no matter how much hardship.

Chapter 10:

Tuning Your Internal Voice To Confidence

Synopsis

A lot of people today rely on their inner voice to help them make decisions, and with time and practice, this has proven to be a good and beneficial way to get things done.



Succeed

The following are some reasons why and how tuning the internal voice will help to build confidence:

- Practicing the art of listening to one's internal voice is something that requires the individual to focus and clear the mind. Being able to have a clear mind will allow the individual to really listen to the inner voice. Meditation is one good way to exercise, as it eventually helps the individual to call on the mindset that facilitates the inner voice.
- Being acutely aware of the body and keeping it in optimum conditions will help the individual to be in a better frame of mind and health. When the body is healthy, the mind is able to explore and tap into the positive energy it exudes, thus making it easier and clearer to connect to the inner voice.
- Learning to tap into the energy that dreams can bring forth will also help the individual to be able to focus on such dreams and the inner voice will keep positive energy surrounding it. Science has over the years been able to prove that constant and almost obsessive thinking of a dream will eventually give the individual the energy and confidence needed to put the dream into reality. There is nothing more powerful than the body and mind which is driven by confidence.

- Healthy beliefs also contribute to the eventual success of the individuals who have learned over time to trust their instincts. The positiveness of the beliefs will give the individual the confidence to strike out and achieve the tasks given in a successful manner.



Wrapping Up

Having confidence will surely boost your chances of becoming a success in life. Many people believe that confidence is a sign of intelligence, competency, and self-worth. If you are projecting a negative image of self-confidence others will likely pick up on this with undesired results. Take time to practice some of the tips that were listed above and use the knowledge in this book to help you boost your self-confidence to new heights. Being a success starts with high confidence, and high confidence starts as soon as you read this book and practice the steps. Good luck!

