

# THE 10 MINUTE CONFIDENCE BOOST

*10 Secrets to Supercharge Your Confidence*

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# INTRODUCTION

If you are looking for greater self-confidence, you've come to the right place. The fact that you are here shows that you appreciate the value of confidence in helping you achieve success in life.

The thing is, while your confidence can be affected by lots of different things, there is one fact we should all remember:

## **You can improve your confidence**

With the right information and focused effort, you can gain greater self-confidence.

This e-book is designed to be read quickly. In 10 minutes in fact. But that doesn't mean you should take the information in here lightly. Within these pages are 10 valuable lessons in confidence.

Even if you applied just one important piece of information from this e-book it could change your life. Just one! So don't delay, start reading and take action!

Good luck!

Doctor K

# 1. CHANGE YOUR FOCUS

It's pretty true of anything in life, that where your focus and energy go, is where you will see the greatest results. People who put their focus and energy into their families will have better family lives than people who concentrate on their career and devote little time to their loved ones.

The same is true of your confidence. You won't gain more confidence unless you make it a priority in your life.

If you decide that you are going to make an effort to improve your confidence and devote time and energy towards that goal, you will instantly improve your chances of achieving it. Of course this applies to any goal. Make it a priority and you are already halfway there.

Now that's not to say that you have to spend all your time at the expense of everything else. In my 30 Day Confidence Builder Program, I only ask participants to set aside 8 minutes a day. But that small amount of focus over a period of 30 days is enough to get big results. The important thing is maintaining the focus.

*If you can maintain your focus, you only need to spend small amounts of time every day on your goal and you will get massive results*

## 2. VISUALIZE CONFIDENCE

It's been said that we can't achieve anything unless we picture it in our minds first. You may not be aware of it, but before you do anything, you will flash up instant pictures in your mind of you completing that activity.

If you want to be confident, you have to be able to picture yourself being confident. It doesn't take too long, but if you can spend a few minutes a day visualizing yourself as a confident, self-assured person this will supercharge your efforts to gain confidence.

Think of certain situations where you would like to be more confident, for instance:

At work  
At social situations  
Giving a talk

Picture yourself in those situations acting and feeling totally confident. It may be difficult to begin with, but with a little bit of practice, you'll be amazed at how quickly you will be able to see yourself as the confident person you know you can be.

### 3. KEEP PROMISES TO YOURSELF

When you think about things you want to achieve in life, how confident are you that you will achieve them? How confident are you that you will follow through and do what's needed to achieve them?

I ask you this because how many times have you:

*Said you'll wake up early to exercise but then hit the snooze button in the morning because you feel like you need more sleep*

*Said you'll eat no more chocolate but then have some chocolate cake in the office because it's someone's birthday*

These don't seem like big problems, but each time you say you'll do something and you don't you kill off a little trust in yourself. Each time you set a goal and quit before you finish you lose a little belief in yourself.

Your subconscious mind is smart. It picks up on things, even when you don't consciously realize it. The problem is, each time you break a promise to yourself you demonstrate that you are not the kind of person who follows through. You have taught your mind that you can't be trusted.

If you can't trust yourself, how can you ever possibly be confident? So what's the solution? Don't promise anything to yourself (or others) unless you are ABSOLUTELY sure you will do it. Never break a promise.

## 4. TAKE ACTION

*Talk doesn't cook rice.*

Chinese Proverb

You could be absolutely clear about what you want in life. You could have the most amazing plan to achieve that goal. You could have all the knowledge in the world. But until you take action, it's all worthless.

People who are successful are people who take action.

### **Action is everything.**

It's all very well reading about confidence, and reading all the practical suggestions in this ebook, but don't make the mistake many people make. They read the ebook, nod their head thinking how useful the suggestions are, and then they do NOTHING.

Don't confuse pointless activity with action. Action is specific and it is **directed towards achieving your goal.**

And remember, the more action you take, the easier it becomes. And the easier it becomes, the more confident you will be. You just need to get the ball rolling.

## 5. BE WILLING TO MAKE MISTAKES

Successful, confident people don't mind making mistakes. The reason they don't mind is because they don't stop after making a mistake. They quickly assess results, make adjustments, and try something else. They move forward.

They make progressively smarter mistakes, involving increasingly smaller errors, until their mistakes are history. This is important. It is the rare person who strikes gold on the first attempt.

Almost all success comes about as a result of many attempts. The first attempt may be rubbish. So might the first 100 attempts. But each attempt, if you learn from the mistake, makes you better and better...until eventually, you are the best.

Everyone who has ever become good at something has had to start at the beginning and make lots of mistakes. There is **NO OTHER WAY** to become successful at any endeavor.

Mistakes are good -- when you know how to use them properly.

*“The more I practice, the luckier I get”*  
Gary Player

## 6. CHALLENGE YOUR BELIEFS

Whether you feel like you've never been confident, or if you've been through some tough circumstances that have affected your confidence level, there is one common factor in low confidence.

People with low confidence have low confidence beliefs. These beliefs are things like:

*I am no good at that*  
*No one likes me*  
*I am not worthy*

The thing about most of these low confidence beliefs is that they can be easily disproven. "No one likes me" No one?

"I am not worthy" According to whom? Who decided that?

"I am no good at that" Are you sure? Are you absolutely no good at it, or are there parts that you are good at. Are you generalizing?

With a little practice, you will be able to catch the negative thoughts that you have about yourself and your abilities and be able to dispute them.

Try it out. Notice when you say something bad to yourself and challenge the belief that underlies the bad thought.



## 7. IGNORE THE CRITICS

I'd love to tell you that once you get really confident, people stop criticizing you. Of course, that's not true. People will never stop criticizing others. But part of the road to gaining confidence is being able to deal with criticism.

One good thing to remember when you are criticized is:

Criticism is common and over-rated. By doing anything that causes change (including becoming successful or chasing a dream), you will attract criticism mainly from people who fear that your success or aspirations will make them look bad.

Remember that criticism usually says more about the person doing the criticizing than the person being criticized.

Don't let this stop you from doing what you need to do.

As Jean Sebelis said

*Pay no attention to what the critics say. A statue has never been erected in honor of a critic.*

## 8. LOVE CONFIDENT PEOPLE

**(and learn from them)**

One of the most important characteristics of all for achievers is the way they actively seek out other, even higher achievers to be around.

Think of most people. They hate confident and successful people. They resent them.

How many people do you know who can't wait to criticize someone who is confident or successful?

The thing is, if you resent people who are confident, you are creating a negative image in your mind of confidence. And if confidence is so negative, why would you aim to be more confident? You are basically telling your mind to avoid confidence! You are sabotaging your progress.

Instead of resenting confident people, seek them out and learn from them. Model their behavior. By noticing what confident people do, how they behave, you can quickly learn how to be confident yourself.

Remember, if you make a point of hanging around failures (because you resent successful, confident people) then eventually you will become one of them. We become who we hang around with most.

## 9. BE WILLING TO PAY THE PRICE

*"Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved."*

Helen Keller

If you think back to anything worthwhile you have achieved, there was always a price that had to be paid.

Some people have the interesting idea that they can be successful without paying a price. But nothing of value comes without paying a price. The price may take different forms, but it's always there.

No Olympic athlete ever got there by insisting on her comfort; no business empires were founded by someone seeking an easy living; no great leader has ever coasted into prominence.

If you truly want to be more tomorrow than you are today, then you must learn to welcome the so-called "hard times" and difficulties, even feel a sense of excitement when you face them. After all, difficulties are a clear indicator that you're about to enter a new growth phase.

If you want to be confident, you need to make sure that you are willing to pay the price.

## 10. BE PERSISTENT

Persistence is crucial if you want to succeed at developing your confidence.

What is persistence? It is simply the act of never giving up. It is being bulldog-like in your actions. Not letting anything knock you from your course.

High achievers all have persistence. They need to, because if they didn't then the first problem that came along would derail their efforts.

Let's face it anything worthwhile will always have its fair share of challenges. That's to be expected. You need to be prepared for challenges and be prepared to mow them down in the pursuit of your goal.

So are you persistent? Do you keep on going? Or are you likely to drop your plans at the first sign of resistance.

It's been said before:

**Without persistence you can't win.  
With persistence you can't lose.**

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