

# FORWARD

Self-confidence is *the mental attitude of having **trust in, respect for and reliance** on your own judgement.*

This book is about the process needed to attain those skills that will provide you the opportunity to feel good about yourself everyday.

Self-confidence and ‘feeling good about yourself’ are two sides of the same coin.

You will notice from the sketch at the end of the forward that there is a Cycle of Confidence that you, like all others, are all born with. The intent will be to put you back into that cycle forever, so you have certainty and direction in all your relationships and with all decisions you make.

The book Living With Self-Confidence will show you the five critical steps to learn, and give currency as to how those steps are implemented. Here is a brief explanation as to why they are called **critical** steps.

## **Step1. Recognise and Embrace Your Uniqueness.**

This is the first critical step because it goes to the very definition of self-confidence. How could you or anyone else have trust in, respect for, and reliance on their own judgement until you, or they, are prepared to recognise the uniqueness that allows you the right of individual thought processes requiring trust, respect and reliance?

It is your own ideas and thoughts that are exclusive to you that you need to have trust in, respect for and reliance on.

That is not easy to gain, and yet it can be both achievable and ongoing.

## **Step 2. Celebrate Your Achievements.**

This second critical step is designed to support the journey of recognising your individual value set up by the first step.

Everyone has achieved more than they could possibly realise, and yet most people have forgotten their achievements because those achievements were often instinctive.

Not many people will be world champions. That is done by the extraordinary (notice how that word is spelt as opposed to how it is pronounced). The majority of people are ordinary – and that is a wonderful thing to be.

Most people achieve the ability to walk, run, speak fluently in whatever language they are raised up with, interpret visions and sounds, and yet, all of these skills are instinctive.

Anything else you do is a magnificent achievement that deserves to be celebrated. You will not meet many people (including yourself) who have not achieved more than that.

Celebration of achievements continually demonstrates what a remarkable individual you are, and is a constant reminder of your unique value.

### **Step 3. Write a Vision Statement.**

Living With Self-Confidence gives a lot of emphasis to how and why you need to write a Vision Statement. Once you have learnt of your value — you may have always known and have never doubted it — it is imperative that you have a method of disclosing those intangible thoughts of your value into something tangible.

Just like a photograph of a loved one turns an intangible memory, or thought, into a tangible vision, so your Vision Statement displays, as required, the thoughts and knowledge of what you've learnt about who you are, where you're going, and your entitlement to ongoing happiness. Your Statement gives you the ability to see and touch what was once an intangible thought about your value. It will give you certainty and direction in making decisions, why you're making those decisions, and where they are taking you.

### **Step 4. Set Some Goals For Yourself.**

How many times have you heard someone say, “set some goals and achieve them...that is the secret to happiness or success”?

Of course if it was that simple wouldn't everyone have done that?

Those who constantly set goals and achieve them already know who they are, where they're going, and how to achieve them.

That is why setting goals is deliberately the fourth critical step, and not the first, second, or third. The first three steps will reveal your value, give you an entitled view of your remarkable self, and allow you to decide where you're going. You will then happily set goals and achieve them.

### **Step 5. Application.**

Although the first critical is the most important, this step is the most fun. This is the step that allows you to put into practice the value and vision of what a remarkable and interesting person you are. Applying what you've learnt (Application) gives you the opportunity to maintain the positive view, which you are entitled to, of yourself. Now read the book and enjoy the journey.

# Cycle of Confidence

## Linking Confidence, Character, Conscience and Achievement

Your...*prevailing character, attitude or feelings* as part of the spiritual dimensions...*fundamental emotional and activating principle* within you.

Instinctive achievements are the catalyst for your growth of self-confidence.



Self-confidence is defined by principles, *reliance* on, *respect* for, and *trust* in, your own judgement.



A positive self-image generates instinctive achievements.



Principles — the standards or rules of personal conduct — are governed by your conscience and reflected in your character.



Being faithful to your conscience and character — determining right from wrong — provides for an enhanced self-image.



### The Five Critical Steps

1. Recognise and Embrace Your Uniqueness.
2. Celebrate Your Achievements.
3. Write a Vision Statement.
4. Set some Goals.
5. Application.