



Confidence Booster Kit

How to be more self confident.

If you have lost your self confidence due to a relationship that didn't work, loss of a job or any other loss, this information, videos and exercises will get you back to being yourself again.

Billy Nafziger
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- Our hopes, desires and ambitions are **powerful forces** existing within us for the shaping of the future. They are the **generating forces** that create the future.

Daisaku Ikeda (born 1928) Japanese philosopher, Buddhist leader, author, poet,

Introduction

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

- Thomas Jefferson

What if I told you it was possible to feel and act confident in the toughest times, wake up every morning fully aware that the problems you face have several solutions, and that you have courage to do whatever it takes to flourish.

It is not only possible but I will show you exactly how you can live this kind of life, now.

Whether you are a highly conscious person or have just begun on your path, this report will reveal extremely helpful insights, tools, and inspiration. Doors will open that you never even considered walking through before.

This isn't just another positive thinking, affirmation repeating report, but I will give you the formula for real long term confidence that will transform your life into an unstoppable force in this world.

You'll learn how YOU can create confidence in the worst situations and deal with any fear or obstacle in a confident way without any attachment to results.



I'm Going To Show You:

***How to completely approve of yourself regardless of your past failures, fears or beliefs.**

***How to Build deep long term Confidence that is not built on short term successes but is deeper than success or failure.**

***How to determine your purpose in life that uncovers the natural confidence with which you were born.**

***How to maintain connection to your Higher Self to build confidence before you start any project.**

***How to be totally comfortable in identifying with your Unseen or Original Nature**

***How to use music and visualization to knock out anxiety and reveal your confidence.**



***How to use a tapping technique to overcome any self doubt that may occasionally arise.**

So who am I, exactly?

Well, my name is Billy Nafziger and who I am in this world is a blogger and a personal confidence coach. But I am much more as you will find out. My desire is to encourage as many people as I can to build and maintain confidence in tough times.

I believe that within everyone there is pure, natural confidence that when uncovered can be the drive behind developing and sharing each persons "Personal Legend".

I know first-hand that life can be harsh. But the worst times can be what finally pushes us into the "kingdom of heaven". We can thrive right now. It is never too late to be who we really are.

My life has changed remarkably from what it used to be.

Briefly, you could say that general anxiety about my life's work, self-doubt about my abilities' to perform as a father and businessman and self worth based on failures characterized my life. I was quite miserable most of the time.

Even as I had significant successes the self doubt and self betrayal continued.

Finding my Purpose

It has been said that the two most significant days in a person's life is the day that he is born and the day he realizes why he was born.

Well as I was aimlessly searching for the reason of my birth, I went to a Bible Institute. That was a very depressing experience. I went on to college in technical engineering and after a short term in an engineering office, started subcontracting commercial construction jobs. I spent most of my adult life

as a contractor, superintendent and project manager. Although each project gave me a temporary feeling of satisfaction, yet I was not fulfilled.

This last recession stopped my remodeling business cold. I kept searching for my purpose in life and when I realized that I was here to help others find their inner confidence, I was at peace but yey mystified at the same moment.

I eventually found that my purpose and passion could be expressed in a blog and that I can make many contacts and help a lot of people.

I have spent the last few years reading and studying stuff about confidence and how it relates to our own lives. My life is fulfilled because I am now living out my life's purpose.

Get Ready to Find Unstoppable Confidence

The old way of building self confidence is by changing your self image, changing your self talk and repeating affirmations and stuff like that, but now we are moving beyond that to a higher conscious realm of creating confidence.

What I will be teaching you here is an actual program for building inner confidence that will affect how much money you allow to flow into your life, how well you solve life's problems and how you will find your life's purpose.

Make sure you take the steps that I am giving you today and if you're looking for further instructions, I am here to assist.

What we have done right or wrong matters little compared to magnificence within us.

Billy Nafziger

Are You Ready to Fully Believe in Yourself?

"There is a world within- a world of thought and feeling and power; of light and beauty, and although invisible its forces are mighty"- Charles Haanel

Charlie had been afraid for a while that if something happened to his job or his wife's job that he wouldn't be able to make the mortgage payment.

But he really never suspected that his wife would leave him without much warning. He probably never noticed the clues.



Now without her income (she was making more than what he was) he would have to sell the house. The problem was the recession had made that very difficult.

Because of the recession he was laid off of his job.

After several months without selling his house the bank foreclosed.

This may not be your story but almost all of us have lost someone or something close.

Are you in a tough situation now or afraid you may soon be in one?

The problem is that we are very hard on ourselves when the world says we have failed at life. We tell ourselves that we are failures and probably didn't deserve a house and wife(husband) anyway.

But I am here to tell you that the Truth about yourself! Always remember:

In the worst of times, be content with who you are.

You are a lot. Believe in yourself!

Let me give you an example of a story about how Wally actually transformed his life and income. Just use click to watch the video.



[Video... Watch](#)
[as Wally](#)
[Transforms His Life](#)

The question “who am I?” has been contemplated by philosophers for centuries. Within the answer lies your source of fulfilment. Within this answer lies all joy and peace.

Focusing on who you are will be the most transformational thing that you can do. But you are not who you think you are. You are way more. If you could see your beauty, strength, wisdom, courage, confidence, love and truth, you would be in awe of yourself.

To find this person takes some doing and some being. Identify with your Highest Self (Being). And confidently take appropriate actions.

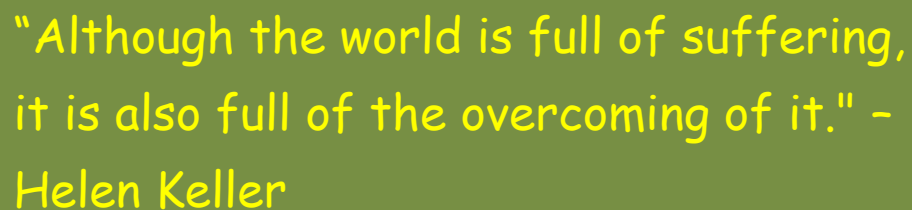
It may be a little scary. What if you are working in a regular job and find out that you should be making a living in a more creative way. This thought may intimidate you and you may go back to your job and live unfulfilled for ever.

But your job is not who you are, is it? Unless we align what we do with our true nature, we live in frustration. How do find out who we are? This is complex and simple at the same time.

Complex because every day who we are unfolds if we take appropriate steps.
Simple because we are who we are and at the highest level that never changes.

We have a purpose for being here and we can live that purpose.

Is your confidence low and you need a boost? These lessons are designed to take some specific steps that will super charge your confidence no matter in what kind of circumstances you find yourself.



*"Although the world is full of suffering,
it is also full of the overcoming of it." -
Helen Keller*

Totally Accept What Is

Accept the circumstances unconditionally.



"In this choice-less, never ending flow of life there is infinite array of choices; one alone brings happiness, to love what is." Tara Brach

If you are going through a divorce, foreclosure or something similar, this may be quite difficult. But surrendering to it is not letting it win or saying that it is OK, it simply is saying that it is only a circumstance.

It's not YOU.

THE LIGHT INSIDE YOU ACCEPTS ALL CIRCUMSTANCES JUST AS THEY ARE.

Sometimes acceptance of the world as it is disturbing. With every problem we have in life, we want to change some circumstance or some person to resolve it. We want our



life to be different than it is. We want to feel different about our family, friends and our self. We prefer if the world changed to be like us. Our confidence level is low and we want to change that, too.

Don't change anything! Don't fiddle with circumstances. Don't change others and don't try to change yourself. Allow all things to exist. Don't resist.

Remember the beauty of your original nature and....

Separate your circumstances from who you are.

This is a vital aspect to becoming the confident person that you know you really are. In your mind take the circumstance and move it outside yourself and observe it. This observation should last as long as possible. Your mind may want to bring it back in and make it part of you. Be persistent about moving it back out and observing.

Create a sacred space around the circumstance. Move your attention to your heart and watch the circumstance until it you feel it loosing it grip on you.

The gift of this life is being who you really are. To fully come to know who you really are, you must totally approve of yourself. Don't judge your circumstances as being right or wrong because that isn't who you are. If you are 15 lbs overweight, don't judge yourself because that is not who you are.

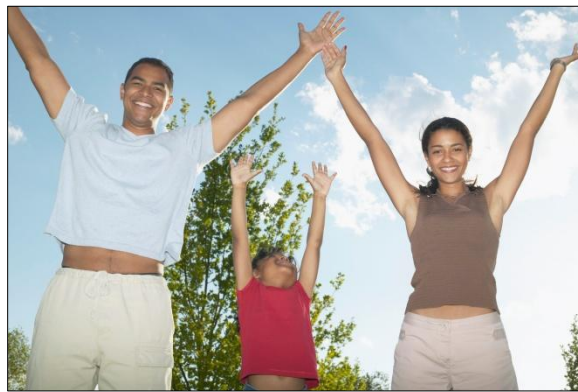
Approve yourself by relating to your spiritual nature that only knows love, joy, peace and enlightenment. Approve yourself by letting go of the situation and approve yourself again. You are an amazing person who can tap into a huge field of opportunities that are waiting in a higher field of consciousness.

It is in this realm that you can that you leave the troubled circumstance and observe. You observe that you are timeless and will endure through the toughest of times.

The Universe is pulling for you. Your energy is increasing and you start being the light that you seek.

You surrender to the universe, knowing that this is only a situation. Don't forget to approve of yourself again.

Video-Get Self Confidence Even in Tough Times



Click the text or picture to see the video.

**THE WORLD'S DISAPPROVAL PALES COMPARED TO THE POWER
AND BEAUTY OF THE WORLD WITHIN.**

Long Term Confidence

"Look at yourself through your soul's eyes and see the beauty of your being"

As we seek for truth and wisdom, we need to consider the subtle difference between short term confidence and long term confidence. What we want to learn here is how to maintain long term confidence in the worst of times.



When you pump yourself up to do a specific task such as make a speech, this is short term confidence. It is a fake confidence that the arrogant use to manipulate and the weak use to control.

Like when you are interviewing for a job for which you are totally under qualified. You fake it by saying that you understand the process that he is talking about.

He eventually realizes that you are faking. The result is as expected. No job.

The idea that you should “fake it until you make it” has very limited benefits. In fact if we proceed to accomplish a task while feeling unconfident, we are projecting our inner fear and attracting that fear.

It would be better to “be genuine until you make it”. Shift your focus to your genuine confidence with which you were born. Focus on your long term confidence that says that by changing your mindset you can change your life.

This will be accomplished through exercising and retraining your mind by immersing yourself in the resources that I recommend on my blog. But a good starting place is using the suggestions in this book.

Short term confidence is temporary. Confidence at its highest level is the inner assurance about who you are. It manifest itself as action, with or without doubt or fear.

Let your long term confidence shine on your short term insecurities.

I went snow skiing with my nephews who live in Colorado last week. They ski around 50 times a year or so. They have done this since the age of ten. Confidence did not seem to be an issue with them. However, for me it was. I hadn't skied for 6 years.

"There are two ways of meeting difficulties: you alter the difficulties, or you alter yourself to meet them."

- Phyllis Battome

But I was confident that I could learn to ski good enough to have fun on the blue runs.(intermediate) This confidence did not come from my abilities but my understanding of being successful at learning any skill. I figured that if I could learn to walk, water ski or build a restaurant, then surely I can ski intermediate slopes by the end of the week.

Now I had very little confidence my first time down the mountain but I was able to keep my long term confidence that tells me that I have the power to achieve. My long term confidence kicked in even when I wiped out a few times because I knew that failure is an essential part of learning. I had what I considered a successful week of skiing.

Long term confidence is based in the truth of who you really are. You are powerful, loving and eternal.

If you fail to recognize that long term confidence builds through trial and error, you will probably decide that when fear arises, that is who you are. You feel powerless and alone.

Those feelings are natural but need to be considered temporary. Don't attach your identity to them.

If you need to boost your confidence for a specific situation, here is an exercise that will build your confidence by 2 to 3 times. This exercise will help transform the long term confidence that is always present within to short term confidence that you need in the present moment.



[Exercise](#)

[Confidence Booster Magic](#)

Confidence is trust or faith that someone or something is capable.

Self Confidence is having the confidence in one's own ability to be capable in a specific situation. In what area of your life or in what situation do you require more confidence?

Think of an exact situation in which you would like to be more confident. Where are you? Ultimately what do you desire to do? Who are you with? Why are you there and when is it going to happen?

For each of these questions you had a way that you knew the answers almost immediately.

Now adjust your answers so that you know that the desired result will be achieved. Now where are you in the situation? Notice what's around you. Where are you in relation to other people? Are you sitting or standing? Active or passive? Imagine that you could change anything to give you the advantage. How is your posture? If you are already confident, in what posture are you? What if you hold your head level rolled your shoulders back and pointed the shoulder bones toward the ground? Relax your belly. Turn your palms

so they slightly face outwards. Allow your hands to hang relaxed at your side. Move and gesture slowly.

What is your main objective? Who are you to the other people around you? Do you want to gain their confidence, trust and respect? Do you want to sell them something? Date someone? Present an idea or a product? What do you want to have achieved?

Take the result that you are seeking and give it a color and shape. Picture it as a blue square, for example. Now take the color and shape and pull it into your forehead. Imagine to remember this clearly as your purpose to have complete confidence. Observe the shape and color as an indicator of how close you are to achieving your desired result. As the colored shape gets clearer and closer, so does your desired result. Remember to check this indicator at each step along the way.

Now go through the entire situation as you would like it to occur, that is the end that you will make happen by design. As you experience this now, you create possibilities and the flexibility for you to have many options.

Confidence is just knowing that you have many options should you ever require some flexibility.

Picture the situation and use "I am" Statements. Such as "I am in a good looking casual business clothes. I am presenting my financing idea to investors with money. I am confidently standing and pointing out important details of the investment. They are nodding in agreement and smiling. They like the investment and are writing a check. "

As I check in on my color and shape indicator, it shows that it is close but not quite there. I need to go through it again and get more and better results.

This time as you go through the scenario, picture yourself as being 20 foot tall. Enclosed in an aura of confidence whatever that is too you. Perhaps you are producing and emitting light from the confidence that comes from deep inside you. Picture yourself being totally capable of everything required to achieve the result that you want.

Check your color and shape indicator. Are you totally confident of the result? When you can answer that question with a strong yes, totally allow the universe to line up the events to manifest this for you. Detach from the result and take action. (Written mostly by Michael J. Emory)

If you have no confidence in self, you are twice defeated in the race of life.

— With confidence, you have won even before you have started.

[Marcus Tullius Cicero](#)

Secret Confidence

Financial insecurity, loss of business or house or car, makes us first lose our confidence and secondly we beat ourselves up about it. Why are we so hard on ourselves? We can't wait to tell the one we confide in how stupid we were to do what we did. Sometimes the feeling is that there is definitely something wrong with "me". We have forgotten who we are. However, hidden deep down behind this self loathing, there is Secret Confidence.

- The power that makes grass grow, fruit ripen, and guides the bird in flight is in us all.

Anzia Yeziarska (c.1880-1970) Polish-born U.S. novelist

It's as if we are looking through a filter which we see and experience ourselves as inadequate and injured. We need to cleanse this filter and see the beauty of who we really are. And as this filter has taken our whole life to get dirty, it will take strong cleaning tools to return to its original brilliance.

To uncover this is the purpose of these lessons. I can explain, define, illustrate and inspire you to start uncovering this secret confidence but you can't get it from me because it is in you. We evolve as we learn, study and shift our attention from our circumstances to our sacred nature that says we are powerful beyond measure.



There was a Rabbi who after fifteen years of service realized that he was anxious nearly all the time. He went to a therapist and told her that he just never seems to be at home. He felt as though he should always be someplace else.

You may have felt this un-ease or felt that you were off balance. One sign is that you are judgmental and critical of others. You are not where you are supposed to be so you take it out on others. This is the time to separate yourself from your circumstances and seek the truth about the nature with which you were born.

Confidence is the practical form of being true to ones own consciousness. It is one thing to raise your conscious level but can you be true and take appropriate actions? Raising your consciousness simply means becoming more aware of the eternal nature of all beings including yourself. You are powerful, you are eternal and you are loved and loving.

You are just beginning to see. Most of us need to develop tools and program ourselves to keep conscious growth happening. I will later share a tool that will transform your thinking in about 15 min or so. No matter what your circumstances it will keep you from identifying with them and keep you identifying with the real you.

"Look at yourself through your soul's eyes and see the beauty of your being"

Gain SUC's Creatively

Know Your Life Purpose by 5:15 Today



It has been said that two most significant moments in a person's life is the moment of your birth and the moment you know why you were born. As we continue to uncover our natural long term confidence, we also start uncovering our life's purpose. When we know that we have been put on this earth for a purpose life has meaning and becomes less complicated.

You cannot travel *within* and stand still *without*.

James Allen

Now, how can you get to know your purpose by 5:15 today?

Before I tell you about this simple process commit to emptying your mind of any preconceived ideas or false purposes that you have been taught. Maybe your parents made you think your purpose was to follow in their footsteps. The family business may or may not be the reason you exist. But clear out any purpose that you have not personally chose.



Get ready by connecting deeply with your heart. It may be that you need to break your daily routine by going somewhere quiet. Contemplate your eternal nature. Go ahead and identify with it, for this is who you really are. Now we can start discovering why we

are here.

When I did this process the first time I was skeptical that I could really find this out in *one* day. So it took me longer. This does work so open up to it. Here's what to do.

Purpose Finding Exercise

This is going to take a little bit of writing and tracking. I used my journal which I recommend for many self development reasons. Journaling helps organize your thoughts and has a cathartic effect.

1. In your *journal* or a piece of paper write a headline that says "**What is my true purpose in life?**"



2 Write down any answers that come to your mind. Anything is acceptable. Long answers, short answers, just keep writing. I used incomplete phrases and that worked just fine.

3. Keep writing and writing and writing **until you cry.** This is your purpose.

4. Even if you choke up a little that is not your purpose. But you are getting close.

That's all that there is to it.

Mary Oliver once said "Doesn't everything die at last and too soon? Tell me, what is it you plan to do with your one wild and precious life?"

All the writing will clear out the stuff that is in your head that is your false purpose.

When your true purpose emerges you will be have a huge surge of emotion.

After I had written for about 45 minutes I finally had connected with my heart and one phrase I wrote made me choke up. I didn't cry, so I kept writing. After working on this for about one and a half hours, I became tired. I got away from my computer for several hours and watched some TV.

When I went back after 5 minute of writing I was choking up quite often. I decided to go back over the phrases and rate them from 1-10 on how much emotion they evoked. An interesting pattern started to emerge and I worked on variations of these phrases.

Finally the answer arrived. It came from somewhere else and exploded inside me. I wept.

This was my purpose. I now knew why I was born.

"We detect, rather than invent our missions in life."
Victor Franklk

Here is what I detected my purpose to be.

I was born to help people experience God , now.

I tried to get it to be more specific and this is what evolved.

I was born to help people overcome the darkness of limiting beliefs, self doubt and self hate. Teaching them to live in the light of a higher consciousness and know their true nature intimately.

This may not mean anything to you but it gave me an emotional surge and it happen each time I read the words.

What happens if it doesn't work for you? Sometimes, the purpose isn't at a place in our consciousness that is easily uncovered. It somehow gets buried deep behind a lot of false beliefs and junk. But don't give up. Sit down for a half hour to 45 minutes each day as you feel led and keep writing. I know this process is worth the effort.

The worst that can happen if you try this and it doesn't work is that you waste a few sheets of paper. You will learn something about yourself and if it works it could be the second greatest day in your life.

Purpose and Mission

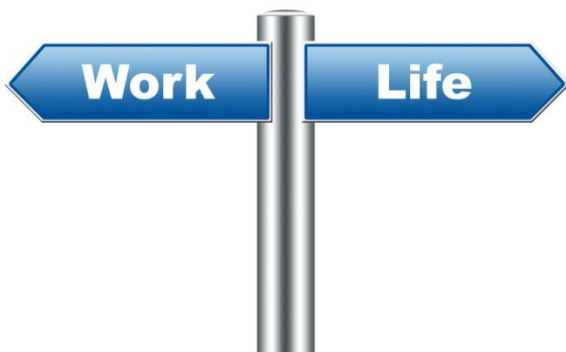
Purpose is your reason for being. This is different than your mission. A mission is more detailed statement of how you plan to carry out your

purpose in the physical world. This includes your intentions, dreams and long term goals.

There are many ways to come up with a personal mission. The best way that I know of is to let me do it for you.

Here's the plan. I will give you a series of questions that will get you thinking. Answer

them and e-mail them to me at www.mission@confidencefirst.com. I will compose a mission statement based on your answers to these questions.



But first here is an illustration of how important this is coming from Steve Jobs, CEO of Apple Computer and of Pixar Animation Studios. He said the following at a commencement address: "You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking.

Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle."

Exercise for Developing Your Mission Statement

Take plenty of time to work on this, but the first time through just write whatever comes to your mind. You may want to write in your *journal* over several days. Give yourself a deadline of one week to get where the answers feel right for you.

1. I feel empowered and feel that I am at my best when
2. I feel victimized and I am at my worst when
3. I really love or feel passionate at work when
4. I am naturally curious about
5. If money wasn't a concern and I knew I could not fail I would
6. **Vision.** Imagine your life as an epic journey with you as the hero/heroine of the story. What do you imagine your life to be about? Complete the following statement by describing what you are doing, who is it for, why are you doing it and what the journey's results are.

My life's journey is

7. Imagine your 80th birthday. Who will be there? What tribute statement would you like them to make about your life.

8 Conscience- Are there things I really should do or change, even though I may have dismissed such thoughts many times.

10. Imagine you could invite three people who have influenced you the most- past or present. Write their names in the boxes, and then say one quality you admire most in these people.

Email me the answers and I will write your mission statement. I would love to do this for free but it takes my time and effort. I am going to suggest a \$5 donation to cover this processing. However, if you cannot swing it and still want me to write it, just email me your answers and will do it for you.

When you know your purpose and have a well defined mission you will have increased your self confidence by several subjective units of confidence.(SUC)

To measure your confidence level, simply say on a scale from one to ten how confident you feel. Focus on long term confidence which is the confidence you have about your latent abilities not your present abilities. Do this before and after you do the exercises to measure your progress.

You are an amazing person with many talents and skills to share with the world. You are learning who you really are and the radiance of your true nature. You are creating confidence both as long term assurance based on who you are and short term confidence based on what you do as you fulfill your mission.

Building Self Confidence by Failing

If you have failed often, you are on the right road to building self confidence.

I don't measure a man's success by how high he climbs but how high he bounces when he hits

bottom.

General George S. Patton

I am sure everyone knows the story of Thomas Edison. His teachers thought that he was “too stupid to learn anything.” He was fired from two jobs for being ‘utterly non-productive’. As an inventor he made 1000 failed attempts to invent the bulb. But what made him succeed? **Thomas Edison simply never ever gave up.** He used each of his failures as a learning experience. He gained more knowledge, more self confidence and finally became a huge success. Most importantly, he **never gave up self belief.** He knew he could do it and his failures were not failures but delayed mega successes.



Sometimes I feel like confident people have a special blessing. How do they manage to be so optimistic even in most bizarre situations? Are they special? Yes, they are special only because *each of god's children is special.* We are all unique. Success doesn't come to those who are more special or extraordinary but it cannot avoid those who have this one extraordinary quality.

Highly evolved people **can see each challenge and failure as their stepping stone to success, as an opportunity to emerge stronger, deeper and to climb higher than ever before.**

Failure and success are the two faces of the same coin of life.

Hidden deep inside the failures in our life is a sweet gift. Woven together, both failure and success increases our life experience. We have been given this beautiful life and it is up to us on how we can see each challenge as an opportunity and move towards our goals in life while building self confidence and passion.

We are not the adversity we face, but the inspired thoughts we think.

Adversity is a part of our circumstantial life. But it only becomes our identity if we obsess about it and become consumed by it. We are what we think during those adversities. For example, if a man faces a financial crunch during a certain period in his life. He can either feel miserable about it all the time or he can choose to positively learn from his past mistakes and move ahead in life with full zest so that he can come out of this financial scarcity. He is not the poor man but he is what he chooses to think of himself to be. Each of us is a special child of god. With every challenge, focus more closely on your divine nature. As someone rightly said, "Look at yourself through your soul's eyes, see the beauty of your being."

Building Self Confidence from Failures and Challenges

It is extremely difficult to be confident when you are drowning in the sorrow of failure! Therefore, it is important that we first realize that **failure is just a phase. It will pass by soon.**

Calvin Coolidge's famous quote is all we need to remember when we fail each time, "Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; un-rewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race."

The road to success leads through failures.

1. John Grisham's first book was rejected by 12 publishing houses and sixteen agents. He never gave up. Publishers Weekly declared Grisham, "The bestselling novelists of the 90s. His books have sold over 250 million copies worldwide.

2. The Beatles were turned down by a recording company saying, "We don't like their sound and guitar music is on the way out". They turned out to be the most successful band of the world and got an astounding success.
3. Walt Disney was fired from a newspaper company saying, "He lacks imagination and had no original ideas". He turned out to be the biggest example of making dreams come true.

4. The book 'Chicken Soup for the Soul' was rejected more than 140 times. It now has 65 different titles and has sold over 80 million copies all over the world.



5. Albert Einstein wasn't able to speak until he was almost 4 years old and his teachers said he would "never amount to much". He is regarded as one of the most influential and best known scientists and intellectuals of all time.

These examples are all real stories of strong individuals who choose to learn lessons from their failure and never gave up. They used their failures as lessons to succeed and proved Mr. Henry Ford's quote right.

"Failure is only the opportunity to begin again, only this time more wisely."

Video....Building Self Confidence with Brad

This video introduces you to Brad Yates. He tells a story of how he uses a tool to help even people on court probation regain their confidence.

Always remember that it's not about the circumstances. It's about who you are.

Being a builder most of my life, I can relate to the words of Edwin Markham:

The Builder Grows

We are all blind until we see,
That in the human plan,
Nothing is worth the making,
If it does not make the man.



Why build these cities glorious,
If man unbuilted goes?
In vain we build the world, unless
The builder also grows.

--Edwin Markham

Review

There are many secrets to gaining self confidence. We have started to unveil some of them. Let's take a specific example for review purposes.

Say you want to start your own home based business but just don't have the self confidence to do it. From the information in this book what could you do?

Step 1. You should recognize the difference between long term confidence and short term confidence. Is this a long term or short term issue? It's both. Focus on your higher self (long term). This is the sum of all your amazing potential which includes but is not limited to skills you have not yet learned, happiness you have not yet experienced and compassion that you have not yet expressed. Short term confidence is how capable you feel about the specific situation for which you desire a certain result.

I mentioned before about journaling. I believe if you are serious about building self confidence, it would be silly not to journal. The Journal software by DavidRM is by far the best journaling software, available.

When I downloaded the free 45 day trial, I journaled every day. When my subscription ran out I felt as if I could journal in Word on my computer, so I left the trial expire. I quit journaling within days simply because it was so easy to keep random thoughts about different things organized with this software. Since I finally bought the software I have been journaling regularly. Check out the software but by all means, journal somewhere.

Step 2. Separate, in a journal, your circumstance from who you are. Write out who you are and then write out what circumstance you are in. To do this, learn meridian tapping. This will give you the tools to separate your fears and insecurities from who you really are as well as your circumstances.

Step 3. Once you have clarified the situation, accept it. In this case your self confidence is too low to start your own business. This means that you have self doubt about your ability to pull this off. Don't resist the fear. Tap on it until it releases.

Step 4. Totally approve yourself. The tapping set up phase may go something like this:

“Even though I am so unsure about starting my own business, I totally and completely love and accept myself.”

Start seeing how amazing you are and realize that what you have done right or wrong pales in comparison to the light that is within.

Step 5. Do the *Confidence Booster Magic Exercise* on page 15 to visualize yourself at home running your own business (without bosses). The most important thing about this exercise is to keep going through the scenario until you have many options. Such as a couple of ways to finance the venture, several *business models* and so on. This is the way you will become confident about the venture. Keep adjusting the plan of action until the bubble of confidence is natural. End this exercise by totally releasing the outcome. This is the point to concentrate on the action that you have been visualizing. Do the best at what you have been visualizing and let the results take care of themselves.

Step 6. Learn about *subliminals*. I have not included this in my report but I have a Review on my website about this. Get the Confidence download and play it while you are doing the exercise above.

I took these exact step to leave a construction career and start a full time on-line business. I had many doubts and fears to overcome. But I was unfulfilled in my life, and I wasn't going to settle for a job I had outgrown. I had to pay a price but the confidence I received was well worth it.

What was the price? A different mindset. These came from the programs that I recommend. In fact all my blogs are inspired by these programs. I hope that you will find that for which you are looking.

To Your Fulfillment,

Billy



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