

Healing Journeys Energy  
presents

*UNLEASHING  
YOUR INNER  
CONFIDENCE*

Victor Keith & Greg Frost

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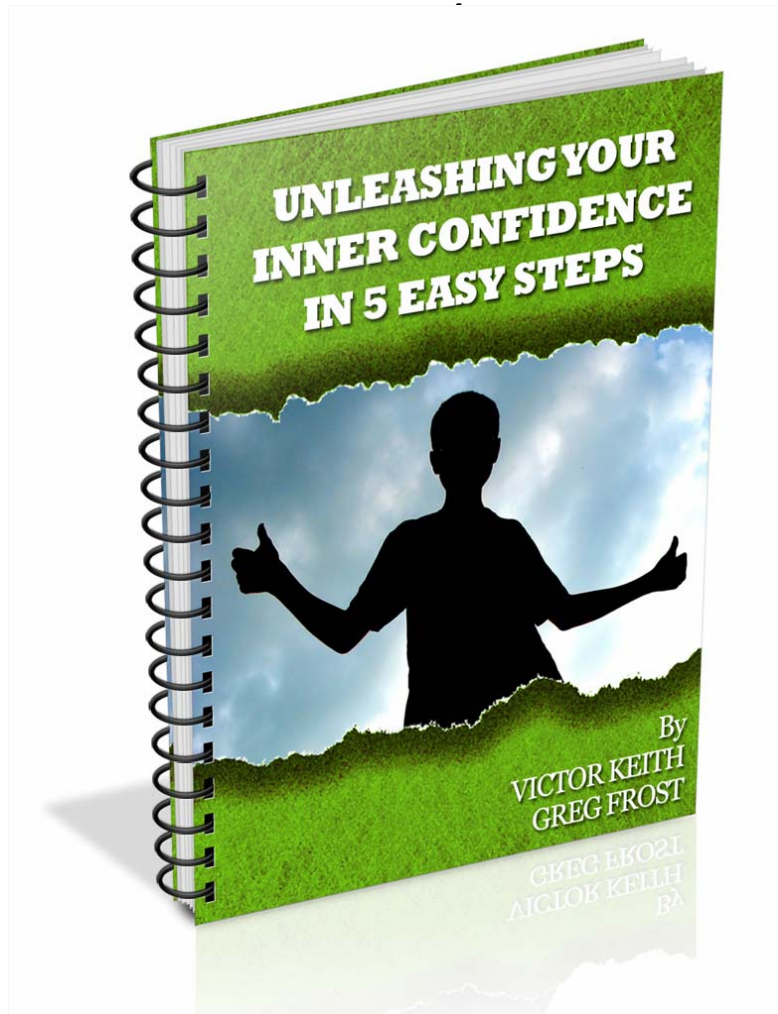
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# **UNLEASHING YOUR INNER CONFIDENCE IN 5 EASY STEPS**

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Published by Victor Keith & Greg Frost

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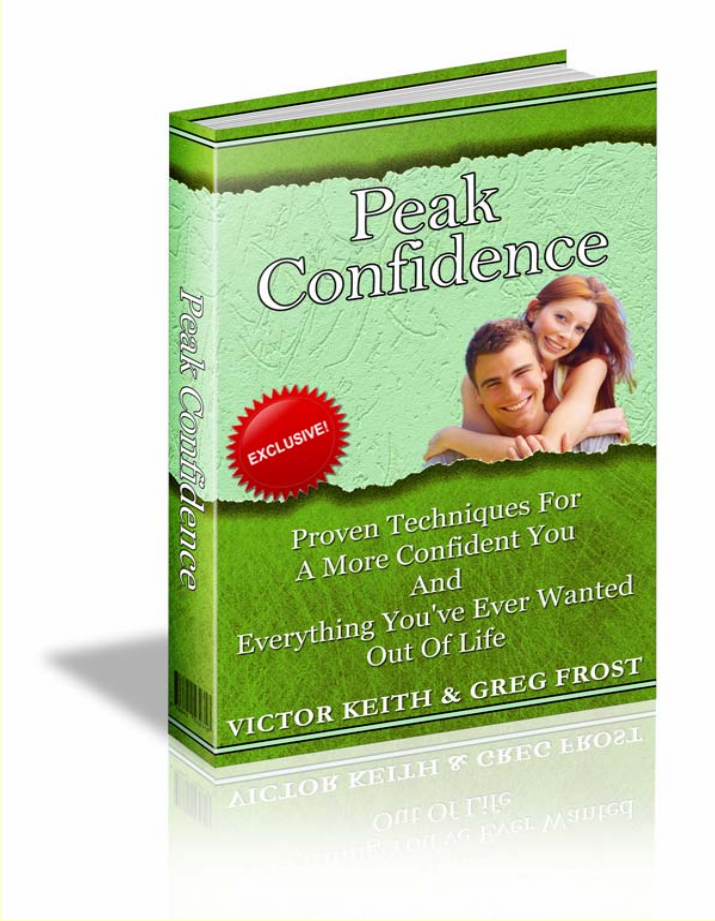
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# Table of Contents

Introduction .....	5
CHANGING YOUR LIFE BY CHANGING YOUR SELF-IMAGE .....	7
BUILDING UP SELF-ESTEEM.....	10
1. HAVING A KEEN AWARENESS OF YOUR POSITIVE ASPECTS.....	12
2. ESTABLISHING QUALITIES FOR DEVELOPMENT .....	15
3. VISUALIZE HAVING ACHIEVED YOUR GOALS.....	17
4. SEEING YOURSELF AS A SUCCESSFUL, PROSPEROUS INDIVIDUAL .....	19
MONEY, MONEY, MONEY.....	21
INCREASING YOUR ASSETS .....	23
PICTURING PROSPERITY .....	24
AFFIRMATION .....	25
5. FEEL ABSOLUTELY IN CONTROL .....	26

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## Introduction

Confidence is one of the essentials that you require in life in order to get ahead. Without confidence in one's self, you will find that you're unable to achieve practically anything out of life. It wouldn't really matter how good you are, because without self confidence, all your ability, all your talent, would amount to nothing.

Why is this so?

Because without confidence, you will never really believe in yourself enough to take the necessary risks to reach high enough for your dreams, your goals, your vision.

Confidence breeds determination, and if you believe in yourself and your own ability to achieve success, then you will be motivated into working your hardest to realize your dream.

It's understandable for one to experience uncertainty to begin with, especially when they're starting out something new. Uncertainty is almost always intimidating, because a good majority of us don't want to take unnecessary risks that may prove detrimental to us in whatever shape or form.

Truthfully, what is more intimidating is a severe lack of confidence. Imagine not having a firm sense of self. You would be so easily swayed by others that it would seem as though you don't have a mind of your own; always agreeing with others, breaking down from the smallest hint of critique about you and your abilities. Your very existence as a unique individual would have been compromised, because you would have lacked the confidence to live your life on your own terms and to the beat of your own drum. All you would be is a clone of what others might be, or worse, a puppet for others to manipulate.

What you should be doing is to view any criticism objectively, as an opinion of what others might think of you and your behavior rather than a put-down. Filter out the good criticism from the bad, and disregard obviously malicious, non-constructive comments as mere observation.

The one real danger I've discovered about the lack of confidence is the fact that it has the potential to destroy you completely, especially if you allow people to constantly put you down. Surrounding yourself with such negative people will have an adverse effect on your psyche, especially if you're very susceptible to suggestions and opinions. You'll start taking all the negative comments as more than mere opinion, and you'll eventually think that your self-worth is lower than what it actually is.



## **CHANGING YOUR LIFE BY CHANGING YOUR SELF-IMAGE**

Believe it or not, there are countless people out there who have been able to change their lives completely and achieve success in their chosen professions simply by changing their mindsets. The most successful people don't start out with massive confidence about themselves or their abilities. In fact, 99% of the time all successful people would have some form of self-doubt at some given point, but they were able to overcome this by focusing on their positive aspects and visualizing the success that they have been yearning to achieve.

This may sound cheesy, but I want you to remember the following mantra: Believe to achieve. The French philosopher René Descartes said it best: I think, therefore I am. It may seem ridiculously obvious now, but the basis of self-confidence starts with YOURSELF. If you don't believe in yourself and your own abilities, how else are you going to get others to believe in you?

Take your chosen profession for example. If you truly believe you deserve a promotion, you will exhibit an aura of confidence that makes others look at you as worthy of the promotion. Think about it for a second. Would any employer want to promote an employee who appears indecisive, unconfident, and lacking conviction? Obviously not. The persona you need to project is one of confidence, competence, and conviction, and anyone who comes into contact with you will be convinced of your ability to become an inspirational leader.

Believing in one's self not only benefits you by making others believe in you, it also goes a long way in giving you that extra boost when you're dealing with your own competency. You will know that you will do whatever it takes to get a task accomplished, because you believe you can do it. Try it for yourself, and you will see that inadvertently everything will fall into place by itself as you determine your own

reality by what you believe. Once you believe in yourself, there is truly nothing you cannot achieve.

I can almost hear you ask that commonly asked question: But won't external circumstances have an influence on what happens to me? Of course they do. The one differentiating factor however, is how you deal with those circumstances and the presence of self assuredness. Without a modicum of self confidence, all the luck in the world and favorable conditions won't be able to give you that added boost you need to keep on keeping on.

There is a principle called the Peter Principle; it states that people get promoted until they reach a certain point, that point being their level of incompetence. Think about the people at work, specifically those who have gotten promotions and given new responsibilities. Have they, for any given reason, been unable to handle the additional responsibilities that come with the new position? The reason for this can be attributed to the underlying principle of the Peter Principle. Subconsciously, most people tend to bring over their old mindsets to the new position, and as a result they see themselves in their old roles, with their old skillsets, and eventually find themselves incapable of running with the ball in their new positions. They end up feeling as though the promotion was not deserved, and they are not worthy of it, and ultimately they end up messing things up so they can get back down to a level where they are most comfortable, usually back to their old positions where they aren't burdened with so much additional responsibility.

Having confidence in one's self is the reverse of this principle. Constant positive iterations of one's self (perhaps a mantra of "I can handle whatever life throws at me") will enable you to get into a mindset where you can take on the world and still come out on top.

Remember, believe to achieve.

## **BUILDING UP SELF-ESTEEM**

Albert Einstein once quoted, "Imagination is more powerful than knowledge."

I believe what he was trying to convey was that the belief in something, even though it may not yet be a reality, can have the impetus to influence circumstances. In terms of self confidence, think of it this way:

You have the knowledge of your own capabilities. You know the current situations and circumstances that follow. You are well familiar with your own self-doubts, your worries, your fears, and you know that they are somehow limiting you and hindering you from achieving the success that you've been yearning for all this time. You know that thus far nothing is working out for you.

How can imagination make a difference?

Simple. By utilizing the power of the imagination, you can turn everything negative into a positive. Imagine every adversity as an opportunity. Use mind power techniques to look on the brighter side of things. Being able to do this will reverse your fears and anxieties and give you that boost of confidence you require in order to successfully soldier through the adversities and challenges you might need to face. It is more or less the same principle for believing in one's self. You need to imagine yourself getting out of every rut you find yourself in, and with inner confidence you will be able to make it a reality.

There are five relatively simple mind techniques that you can use in order to unleash your inner self confidence. Once you go through these 5 techniques, you will find that your inner confidence will be literally unparalleled, and there will be nothing that can stop you from achieving massive success in every facet of life. Here are the five recommended techniques on how you can build your self esteem:

1. Have a keen awareness of your positive aspects. Be familiar with and acknowledge your own talents and accomplishments thus far.
2. Establish qualities you feel might need further development.
3. Visualize achieving your goals.
4. Seeing yourself being a successful, prosperous individual who has gained everything you could ever want
5. Feel absolutely in control and in charge of every aspect of your life.

## **1. HAVING A KEEN AWARENESS OF YOUR POSITIVE ASPECTS**

Most of the time, in our pursuit for success and self improvement, we tend to focus on what we lack, rather than the positive aspects that we already have ingrained into us. We tend to beat ourselves up for our shortcomings rather than giving ourselves credit for what positive accomplishments we have already achieved, and if this is something you've been doing all this while, you need to stop. It's quite alright to pause and give yourself a pat on the back for getting yourself where you are today, especially when you're met with challenges in certain stages of your life. Think to yourself: "I've done quite decently for myself, and I've gotten this far on my own. I shouldn't have a problem with this next challenge if I've gotten myself this far."

Eliminate your self-doubts by focusing and reminding yourself of what you're capable of. After all, there is no reason for doubting yourself if you've managed to overcome a challenge in the past, and are now facing another. Even if you've encountered setbacks in the past, do not feel disheartened. Do not think of setbacks as failures; every setback is an opportunity for you to learn and to grow.

Try the following technique to start reinforcing positivity about yourself in your own mind:

Prepare a three column table and list each column as the following: "Good Qualities", "Best Talents", and "My Accomplishments".

**Recognizing My Good Qualities, Talents, And Accomplishments**

	My Good Qualities	Best Talents	My Accomplishments
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Now close your eyes and focus on the aspects of each listed column for a couple of minutes. Note down the first thing that comes to mind, but don't overanalyze that first thought. Once you're done, write down all your good qualities, your talents, and your accomplishments thus far in the appropriate columns. Even list down the ones that you might have thought of as you're writing the ones you already have.

Once you're done writing, review the list you have. Read each item and picture yourself with the quality or talent or accomplishment. Now combine everything on that list and see yourself with these positive aspects, and feel good about them. Then, give yourself a pat on the back and say, "Hey, great job. You've done well for yourself and you deserve every bit of compliment for your accomplishments thus far."



## **2. ESTABLISHING QUALITIES FOR DEVELOPMENT**

You think, therefore you are. If you allow yourself to think negatively about yourself, then you'll forever have a negative outlook on yourself, and you'll inadvertently downplay your own positive qualities. Even if you think you're lacking certain crucial characteristics, do not think of it in a negative aspect, but rather as opportunities to develop yourself further. Imagine what it's like to have these characteristics, focus on them, and you will soon develop them and have them ingrained into your psyche as current skillsets. Going about this is fairly simple.

Think about who you are and what you want to be. Then think about what you have and what you would like to have. Select those that you deem important, and think of them as affirmations, even if you don't currently have them. For example, your affirmation could go something like this:

I am a positive, exciting, dynamic individual, and everyone pays attention to me when I speak.

I have a great job that I really love.

I am faced with interesting challenges every day that keep things exciting for me.

I am making more sales this month than I have in previous months.

I have success in my hands wherever I go, in whatever I do, and there is nothing I cannot achieve.

I have a great life thus far, and will continue to prosper.

Once you have your affirmations written down, focus on the more important ones and focus on them. Close your eyes, repeat the affirmations over and over again to yourself for five minutes. Visualize this affirmation.

Apply this technique for a week, and not only will you find yourself feeling good about what you already have, but also you're more motivated to work on the qualities that you may not currently have but are keen to have. You will feel more confident about your current qualities and as you strive to work on those that you may lack, you will have the additional boost to strive onward and seize every opportunity to achieve them.

### **3. VISUALIZE HAVING ACHIEVED YOUR GOALS**

There is no doubt that every success you achieve goes a long way in building your self confidence and sense of self-worth. Not only would you be more aware of the chances for success, but by visualizing yourself having successfully achieved the goals you've set for yourself in life, you will get a good sense of what it is like to become a successful individual.

Inadvertently you will trick your mind into experiencing a sense of euphoria at the very thought of becoming a success, that the desire to achieve actual success will be ingrained into you so that you can experience that euphoria for real. It will instill in you a hunger for success, and this will trigger your base instincts to satisfy this hunger. As a result you will find yourself doing anything and everything possible to achieve success. You will feel as though nothing can stand in your way, and you feel confident enough about your abilities to crush any challenge presented to you.

Visualization, when used in conjunction with affirmation, is a powerful tool that can help to reinforce the mental imagery you create for yourself and ultimately help you realize your visualized goals.

There have been several successful workshops that utilize visualization as a key component in confidence building. These workshops cater for those who may have had a considerable amount of uncertainty about themselves and their goals in life. By the end of the sessions, they've found that by focusing and visualizing the goals they've always wanted to achieve, they feel more confident about themselves and their ability to achieve their long elusive goals. Most of these men and women return a week later to report massive changes to their lives, some even having the courage to make life-changing decisions at the drop of a hat. These very same people had been afraid to take the most miniscule of chances to make a simple decision. After having gone through the

visualization exercises, they felt more empowered, more decisive, more confident about the goals they intended to achieve.

Try this simple exercise in order to get a taste of the type of success you've always wanted:

First think about the goals you've always wanted to achieve. What are they? Could it be being the best at your profession? Moving into a more luxurious home? Perhaps it's having your own enterprise. Whatever it is, close your eyes, get yourself into a calm, relaxed state of mind, and visualize this goal.

Visualize having achieved this particular goal. Visualize the euphoria you would feel at the taste of success. Visualize it all to the point that it becomes vivid in your mind. Blend imagination with reality and bring over the visualized feeling of success to the here and now. Savor the euphoria of success.

Now that you've experienced a taste of the euphoria that comes with success, imagine what it must feel like to actually realize it and achieve true success. Imagine the people who would surround you and tell you they envy you because of your massive success. Imagine the endless praises, the endless congratulations.

The taste of success should stir in you a hunger for more, for real success instead of the imaginary, and with that hunger you can strive to be better than you are. The confidence and determination that comes from that hunger would be more than enough to fuel you in your journey for success.

## **4. SEEING YOURSELF AS A SUCCESSFUL, PROSPEROUS INDIVIDUAL**

Now that you've visualized having achieved your goals, you would have also visualized yourself becoming a successful individual. It goes without saying that with success comes prosperity and abundance; these two things are synonymous with any aspect of personal success. For most people, prosperity and abundance are a form of validation, a testimony to the level of success they've finally achieved. You may have visualized having achieved your goals in the previous exercise, but now it is time to picture the material representations that come with having achieved your goals. The purpose of this is to develop the right mindset for you to receive the rewards that you will eventually reap as you achieve your goals and attain success.

This exercise is similar to the previous goal visualization exercise, but now the focal point is achieving a level of prosperity that you've always wanted. Now the point is to focus on something more material; while visualizing the achievement of a goal requires no material equivalent, visualizing a level of prosperity would entail picturing yourself reaping the material rewards that come with having achieved a level of success you've always dreamed about.

For example, if you've always wanted to live a luxurious lifestyle, imagine yourself owning a luxury car, living in a huge, luxuriously furnished home or even having the ability to fly around in the most exotic locations around the world in your own private jet.

But it need not always be of material worth. If you've always dreamed about being popular and living a celebrity's lifestyle of glitz and glamour, picture yourself having an entourage and legions of loyal fans and having the press go crazy with the cameras and interviews the moment you step foot on the red carpet. Or if you're more of a

philanthropist, picture the appreciation of the masses as you make a contribution to a worthy cause.

The point of the matter is, visualizing prosperity is to picture yourself with the representations of success that you identify with the most, and use this very imagery to empower your own desire for success. Use this visualization of personal prosperity in conjunction with the hunger to achieve your goals and attain massive success.

To help you along with this exercise, here are a few tips that will enable you to ingrain in you the appropriate mindset for prosperity.

## ***MONEY, MONEY, MONEY***

This exercise is targeted towards those who may have a hunger for materialistic success. Start off by closing your eyes and getting yourself in a relaxed state of mind. Concentrate on the word “money”. Visualize it in all its denominations. Five, ten, hundred, thousand, whatever. Visualize yourself sitting comfortably in your own home or office.

Now imagine someone knocking on the door, and as you welcome whoever it is that came knocking, you realize that it is someone well-dressed, perhaps even stylishly dressed. Be it a man or woman, they seem to be ridiculously rich. Perhaps a successful investor or a personal banker or financial planner of some sort. You realize they’re carrying a briefcase, and they’re setting it upon your desk, telling you that it is a gift from them to you for a job well done, for finally having achieved the goals you’ve always dreamed of. They leave the room with a smile, and you’re left with the briefcase.

What do you do?

Open it, of course. Inside the briefcase are stacks of cash in ridiculously large denominations, perhaps totaling to a million or ten. You do a double-take, incredulous at the find, and you simply can’t believe that someone would actually hand you this much cash. You caress each bundle of cash, you breathe in the scent of freshly printed money, you finger each bill in every bundle excitedly.

You dump the money onto your desk and start stacking them as high as you can, making buildings out of them or even mountains, and then you turn to what you thought to be an empty briefcase, only to find it filled with money once more. You realize that no matter what you do, the briefcase will be full of money, waiting for you to reach in and

take whatever amount it is that you need or want. You are left with riches galore, and the well can never run dry.

Now focus on the emotions attached to this imagery. Feel the empowerment from knowing that you are rich beyond your wildest dreams. Feel the confidence from knowing that practically everything is yours for the taking, simply because you have the material means to buy anything you could ever dream. Savor this feeling, imprint it into the deepest reaches of your psyche, and you will find that the imagery and emotions tied to it will remain ingrained deep in you wherever you go, whatever you do, whenever you wish to recall how good it would feel to finally attain material success.



## ***INCREASING YOUR ASSETS***

The concept behind this exercise is simple: Having more money equals having more assets. So this perfectly complements the previous exercise, by making you more receptive to the various avenues for success and methods in which you can make your money and other material assets grow.

Take a dollar bill of any denomination. Just one. Hold it between your fingers and focus on it for a minute or two. Feel its texture, take in its colors. Play with it if you'd like, but as you do, I want you to think to yourself the following:

“I have the ability to multiply the amount of money I have at any given time. I can make my assets grow anytime I want, and I am not limited to what I have right now.”

Having done that, ask yourself the question, “How can I attract more money and increase the value of my assets?” Visualize the answer. Could it be to get a better, high-paying job? Starting out your own enterprise? Making a killing on the stock market? Whatever imagery that comes to your mind, keep asking yourself these questions until nothing else comes to mind, until no avenues of multiplying your assets are left for you to consider. Write them down if you have to. While doing so, think about your ability to increase your assets and realize that you can very well achieve every bit of those imageries you just visualized.

The reason for doing this is so that you can use these imageries later on. With the avenues of asset multiplication at hand, you will have the ability to make the necessary changes to your life and use your confidence to achieve all of it to your advantage in your everyday life.

## ***PICTURING PROSPERITY***

Now that you've more or less figured out how to multiply your assets, you need to internalize and focus whatever positive energy you have in you towards achieving and realizing your goals. This particular exercise is more or less along the lines of having you write down your goals, as it works on similar principles.

However, this exercise takes it one step further by making you picture whatever material success you wish to attain. Instead of writing it down, cut out a picture from a magazine or a newspaper. You could even draw whatever it is that you wish to have on a piece of paper. Whatever it is, be sure to use something that best describes your desires and what you wish to attain at the end of the day.

Next, paste this picture onto a cardboard or a piece of paper. Use markers, pens, stickers, glitter, whatever you feel like using to decorate the picture. Make it as silly as you'd like. Then top it all off with a picture of yourself smack dab in the middle of your decorated image.

Now concentrate on the picture you have in your hands for a few minutes. Imagine that it isn't a photo of you on there, but you yourself having attained that particular item of luxury. Project positive energy onto this image and focus on how it would feel like having achieved everything you've drawn or scribbled on your decorated image. Now that you have a visual representation of what you'd like to attain, keep it around the house or office so that you can be constantly reminded of what you'd like to achieve whenever you look at it. Keep it as a visualization tool that can help empower your drive for success, preferably away from others so that you can better preserve its personal significance.

## ***AFFIRMATION***

Now that you have the necessary visualization tools with you, it is time for you to ingrain it all into your mind. Positive affirmations have been proven to yield results in practically any aspect of life that needs improving, so this is a crucial step that you need to undertake in order for you to breed a sense of confidence you will require in order to achieve all that you've visualized.

Keep up a mantra that you can repeat to yourself for a short period of time every day, perhaps something akin to "I am prosperous" or "I am successful" or even "I am rich beyond my wildest dreams". Recall that feel of euphoria, that hunger for success associated with each visualized aspiration, and use it to motivate you in your daily routine. Affirmation will do wonders to keep up a level of motivation and ensure your sense of security and self-worth.

## **5. FEEL ABSOLUTELY IN CONTROL**

The last recommended technique in order to ensure a solid sense of self-confidence is to feel as though you are in charge of everything that you do, wherever you may be. Having recognized your positive aspects and affirming your own abilities and desires will give you that measure of control. No longer will you feel as though things are getting out of hand, and that circumstances are forcing you to spiral uncontrollably towards failure.

This technique requires you to visualize once again, but be sure to remain fully alert while using this technique. Imagine yourself being in a room and having complete mastery over the situation. Perhaps it could be having a command of a roomful of people, making them listen to you in rapt attention as you speak. Use whatever imagery that best suits you.

Imagine entering the room and having an aura of powerful, charismatic energy exuding from you to all four corners of the room and even onto the ceiling and the floor. This energy emanating from you is one that empowers you, making you feel invulnerable, and whatever it touches is in your absolute control. As you talk to people, this energy moves along with you and remains with you, constantly protecting you, empowering you, and providing a great measure of assurance and control. Whoever this energy touches will be subjected to your influence, and will listen to every word you have to say to them. Savor the sensation of being in control of whatever you do, whoever you're speaking to.

Whenever you catch yourself worrying or even contemplating failure, always focus your mind on the images of success. As you practice and master these mind power techniques, you will soon find your life transforming, to an amazing one that you never imagined you could have.

If you are truly interested in achieving anything you want out of life and having that supreme confidence. We would urge you to take a look at our Peak Confidence Program available at <http://www.More-Confident.com/moreconfident.php>

To your success!



*Victor Keith*



*Greg Frost*