

THE SELF-CONFIDENCE



1 SECRET

Did you know that successful and self-confident people are experiencing **doubts** and **fears** as anybody?

But, they understand the true meaning of these emotions and use them in an appropriate way.*



2 RULES



1

Self-confidence is **inborn**, we all have it available.

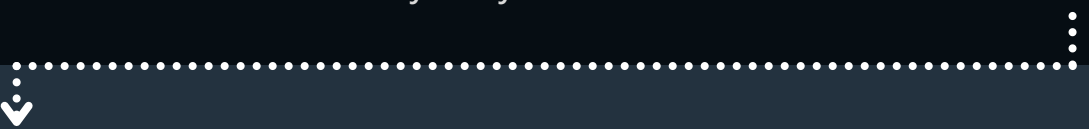
Just look at babies learning how to walk, this is the purest demonstration of what self-confidence means.

Later on, our consciousness and experiences in life may hide it under other emotions.

2

You **don't need to succeed** to **foster** or **build** it back.

As you fail, you can make it mean that you are not good enough & not worth it, but this is optional. You can believe instead that you learn and this will be useful for you. The 2nd interpretation will push you to adapt your actions until you succeed ... which is the self-confident mindset.



3 STEPS: D.A. -> F.A. -> D.A.

1

Dare **A**ttempting new and/or difficult things

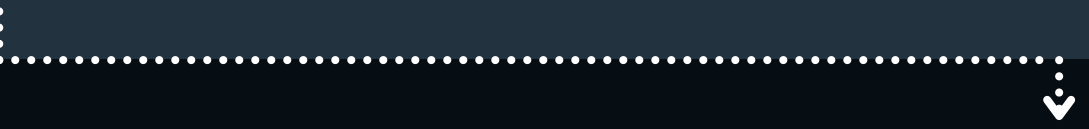
2

Fail & **A**cept, whatever happens, whatever people say

(you'll realize that it's all just emotions that you can manage)

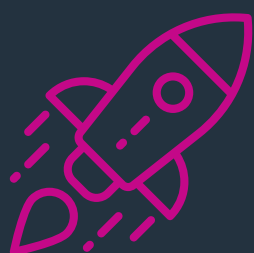
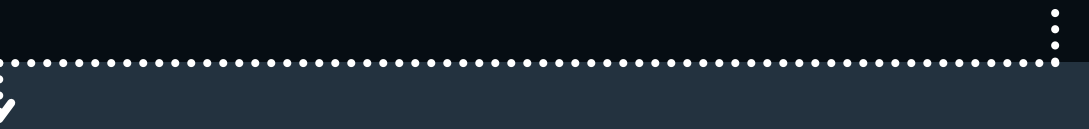
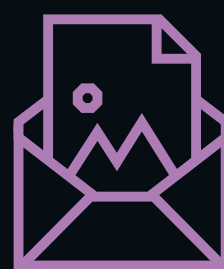
3

Learn and then **D**o it **A**gain while improving & adapting your approach each time



An **emotion is created in your mind and goes down to your body in the form of vibration in order to put you "in motion". This is an "action signal".*

*** **Accepting** does not mean that you resign or give up. It means that you are at peace with what happened in the past, it's done. You don't beat yourself up, because it does not serve you. On the contrary, you commit to take action in the present moment to build your future*



ARE YOU READY TO EXPERIMENT TODAY ?