



Farrah
Business Coaching & Consultancy

SOLID CONFIDENCE AFFIRMATION



SIMPLE STEPS TO
RAISE YOUR
CONFIDENCE
LEVELS EASILY

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Foreword

It's near impossible to have concrete confidence without the right type of mindset and tools. It doesn't matter what type of matter you're trying to accomplish. There's a certain way of thinking that you must have, and this type of thinking is what will give you the discipline to take action. Taking action is the most crucial part of being successful, and positive thoughts are called for to take major action.

If you're not ready with the right type of mindset then I don't recommend that you begin any new ventures just yet. Without the right type of mindset your first attempt at a new venture will probably fail. If you are looking for ways to ramp up your success... you truly need this mindset and tools. Either way this book will help.

***Concrete Confidence - Mental Strength And Attitude Alignment
Series Affirmation Expansion***

How To 'Affirm' Yourself To Be Full Of Confidence

Chapter 1:

Why Affirmations Are Important For Concrete Confidence

Synopsis

Affirmations are self-talk statements & better presented to the subconscious. These fresh images are viewed as "credible" by the subconscious & are placed in the area of subconscious having to do with the power to enhance the ability to pull up particular powerful memories with less work. Through this special imagery a person can develop the inner tools for the correct mindset for gaining confidence, letting the memories and images be transported to the here and now where they're used for enhancing mindset which is crucial for concrete confidence.



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Why Do We Need Affirmations For Concrete Confidence?

Often times individuals believe these good and beneficial self talk memories are a false belief and don't exist, but the subconscious recognizes where they're located and will pull them ahead for increased confidence.

These forms of affirmations make fresh neural tracts in the mind, enhancing the ability to "see" these fresh powerful images. Stale images related to negativity, weaknesses, deficiency of initiative, frail goal images and the ability to develop confidence are decreased. When the mind discovers new affirmations the subconscious sees them as "tangible."

You've likely observed a common element in those who are successful in business and in life. These winners and successful individuals tend to be enthusiastic and zealous, in all aspects of their lives. This exuberance can be infectious, and it tends to rub off on all those persons around them. A positive attitude and the might to turn that attitude into results are crucial to success, both in business and life.

You see, a positive attitude is a valuable asset, no matter what your you are trying to do. You really ought to assume the habit of doing regular positive affirmations. Making positive affirmations a part of your daily function is a great way to alter your thoughts and help yourself be more successful.

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It's never too early or too late to begin this cycle of positive affirmations, and even those just beginning down a new path may benefit from a positive attitude. Even if the thing you're trying to accomplish seems insignificant and you are not yet confident, it's crucial to display a positive attitude, and not let negativity sneak in to steal your thunder.

Remember that some of the most successful people began as shy and worked their way into confidence. It truly is possible to work your way up from being shy to being confident, but without positive affirmations and a victorious attitude, this move won't be possible.

Steady positive affirmations are extremely crucial for those people who want to develop confidence. Building confidence is never easy, but it's crucial to remember that those around you, from people you're involved with to clients to competitors, feel your attitude, and utilize it as a cue. If you're constantly complaining about the deficiency in knowing how to approach people, the people around you will be less than energized. If, on the other hand, you're constantly supplying positive affirmations to yourself and the people around you, even in the hardest of times, they'll see your exuberance, learn from it, and utilize it as a cue to see you as truly successful. It truly does all come down to attitude; a positive mental attitude and positive affirmations can help your confidence in ways too many to mention here.

Chapter 2:

***How To Use Affirmations Effectively For Concrete
Confidence***

Synopsis

Affirmations are simple to create and utilize, but you'll need dedication to make them work. Here are some tips to assist you in getting the most out of these mighty tools to gain concrete confidence.



Affirmations Are Beneficial... But They Have To Be Used Correctly

Self-affirmations are positive statements or self-scripts that might condition the subconscious so that you're able to develop a more positive percept of yourself and create concrete confidence. Affirmations might help you to change adverse behaviors or achieve the correct mindset, and they can likewise help undo the harm caused by negative scripts, those things which we repeatedly tell ourselves (or which others repeatedly tell us) that add to a negative self-perception and affect our success.

- ◆ Consider your positive attributes. Take stock of yourself by making a list of your best qualities, abilities, or additional properties. Are you adept meeting new people? Write it down. Are you a good speaker? Make mention of it. Write each quality down in a brief sentence, starting with "I" and using the present tense: "I'm adept at meeting new people," for example, or "I'm a good speaker ". These statements are affirmations of who you are. We seldom revolve around those things that we sincerely like about ourselves, rather choosing to dwell on things we don't like. A list will help you break up that cycle, and using these affirmations to help you appreciate who you are will give you the confidence you need to accept your affirmations.

- ◆ Consider what negative scripts you'd like to neutralize or what positive confidence goals you'd like to achieve. Affirmations can be highly useful to counteract negative perceptions you have acquired about your abilities to be confident, or make a success out of a new venture. Affirmations may also help you accomplish specific goals, like meeting new people or achieving a successful business. Make a list of your goals or the adverse self- percepts you'd like to alter.

- ◆ Prioritize your list of matters to work on. You may find that you've a lot of goals or that you require many different affirmations. It's best, though, to revolve around just a couple of affirmations at once, so pick those that are most crucial or most urgent and work with those first of all. When you see improvement in those areas or achieve those goals you can phrase new affirmations for other points on your list.

- ◆ Author your affirmations. Use positive affirmations alone as counter-scripts, or add other affirmations to mold your behavior with and about your confidence in the future. The affirmations you'll use to mold future changes should follow the same form. They should begin with "I," and be curt, clear, and positive. There are 2 forms of future-oriented affirmations you can utilize to work toward goals.

- ◆ "I can" statements: author a statement affirming the fact that you can accomplish your goal(s). For example, if you'd like to date a new person, a statement like "I can date a new person," is a good start. Several experts recommend that you avoid any form of negative connotation.
- ◆ "I will" statements: author a statement affirming that today you'll really utilize your ability to accomplish your goal. So, following the above example, you may say, "I will date a new person. Again, the affirmation should use positive language and should plainly express what you'll do today to accomplish the longer-term goal of being more confident.
- ◆ Match-up a few of your positive attributes with your goals. Which of the positive characters will help you accomplish the goals you've set? If you're addressing ways to speak to new people, for instance, you may need bravery or courage. Select affirmations to support what you'll need.
- ◆ Make your repetitions visible so you'll be able to utilize them. Repetition is the key to making affirmations effective. You want to consider your affirmations several times a day, daily.
- ◆ Proceed using your affirmations. The more you affirm something, the more steadfastly your mind will accept

it. If you're trying to accomplish a short-term goal, use your affirmations till you've accomplished it. If you merely want to use affirmations as a counter-script, practice each one as long as you like.

Remember

- ◆ Consider the message you send to the universe.
- ◆ Don't utilize negative words - Instead of I won't or don't want to be shy, utilize I WANT to have concrete confidence. The universe doesn't understand negative thoughts, only 'thoughts' are sent to the universe and send the correct message.
- ◆ Repetition builds habits and your subconscious mind will align.



Synopsis

We can positively change ourselves by changing our thoughts and beliefs. Thoughts are like magnets, they have the power to attract according to their vibration. What we affirm to our selves on a daily basis confirms how we feel and how we experience life. One of the most powerful ways to create the life and confidence we want is through affirmations.

True? Uh-huh!



Easy Ways To Jump In

A powerful way to jump in using affirmations for concrete confidence is to write them down on an index card, and read it throughout the day. The more you practice them, the deeper the new beliefs will click. The best times to review your affirmations are first thing in the morning time, during the day, and prior to you retiring for the night.

- ◆ Use affirmations while mediating. After relaxing into a deep, quiet, meditative frame of mind, imagine that you're you have already become confident and know how to manage any situation. Imagine yourself in the physical setting or environment that you would like, the house that you enjoy and find comforting, drawing in loads of people into your life and receiving appreciation and appropriate financial recompense for your efforts. Add any other details that are essential for you, like the promotion you want, the people you want to meet monthly, and so forth. Try to get a feeling in yourself that this is possible; experience it like it was already happening. In brief, imagine it exactly the way you'd like it to be, as if it were already so!
- ◆ Try standing in front of a mirror and use affirmations while looking into your own eyes. If you can, repeat them out loud with passion. This is a powerful way to change your limiting beliefs very quickly.

- ◆ If you find it hard to believe an affirmation will happen, add "I choose to" to the affirmation. "I choose to be more confident," for instance, or, "I choose to get a promotion."
- ◆ Make a recording in your own voice and play it as you doze off. Some individuals swear by this technique.
- ◆ Attach positive emotions to your affirmations. Consider how achieving your goal will make you feel, or consider how good it feels to know that you're succeeding at becoming more confident. Emotion is a fuel which makes affirmations more potent.
- ◆ If you don't want people to know about your confidence affirmations, simply place your reminders in discreet locations. Remember, however, that it's essential that you see them frequently, or they'll do you no good.
- ◆ If you find yourself merely parroting the words of your affirmations, instead of focusing on their meaning, change affirmations. You're able to still affirm the same goals or characteristics, naturally, but rephrasing your affirmations can regenerate their effectiveness.
- ◆ Ask friends to say a version of your affirmations to you. For example, "Mike, you're really starting to exude confidence. You must feel great." Self-affirmations are valuable exactly as they free you from a reliance on the

approval of others, but affirmations from others can be just as good as negative scripts from others are harmful.

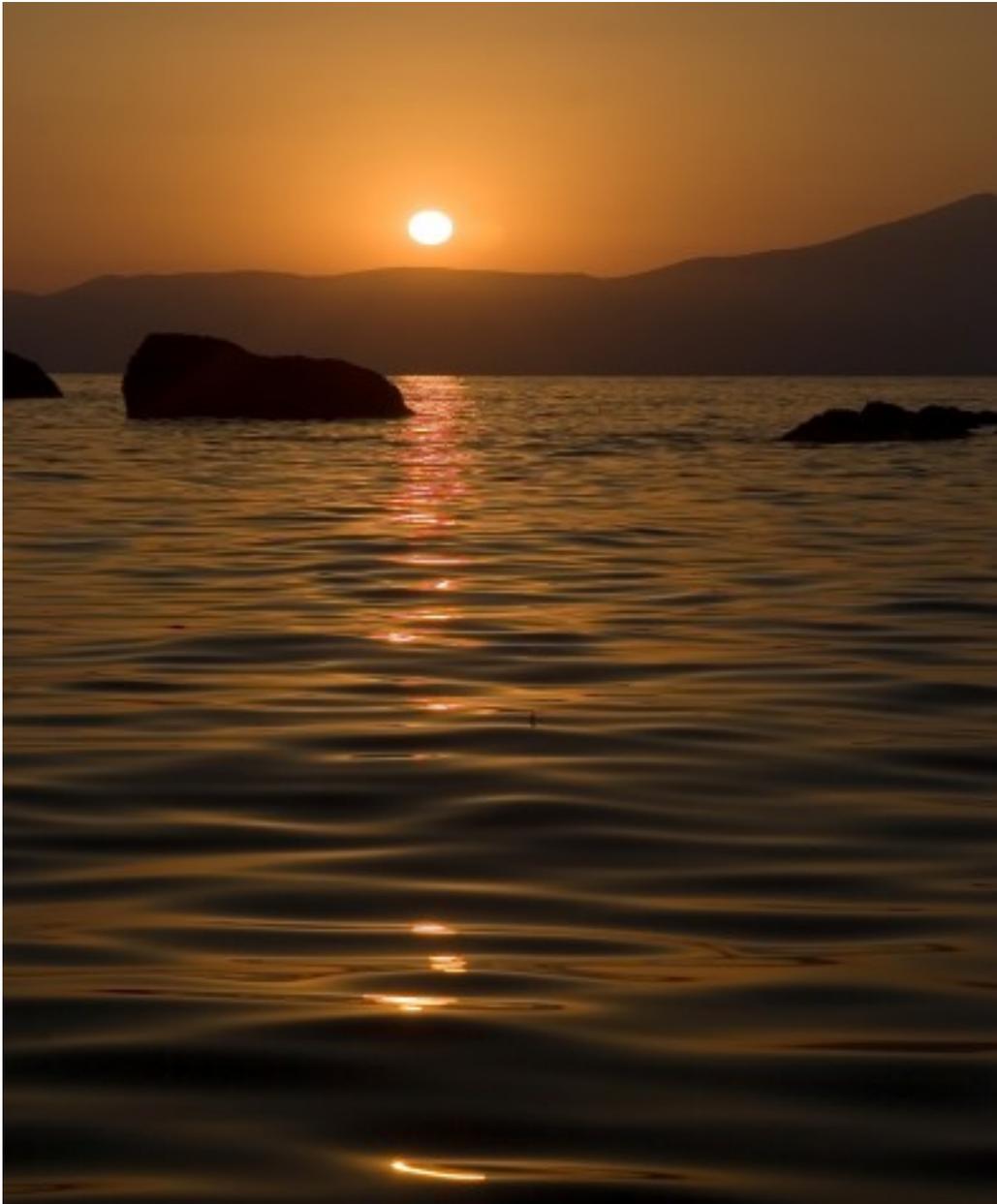
- ◆ Gratitude is a sort of affirmation: One that states the following: "I enjoy the confidence in my life and business and trust that more will come my way".

Chapter 4:

Dating Affirmation

Synopsis

I'm going out with <name> on a date today!



Building Your Social Confidence

Shyness has its roots in uneasiness and usually dissipates as individuals mature and become more experienced. But, for some it can 'stick', and then action is called for.

Although most individuals think in terms of 'overcoming shyness', it's more likely that you'll become comfortable in social situations by learning the strategies of self-assurance along with social skills. Then, shyness is no more the issue, as social nerves will dissolve away as a new 'habit' takes their place.

Check out the tips here on uneasiness, particularly the ones to do with where you center your attention.

- ◆ Rehearse becoming fascinated by others. Ask them about themselves, and concentrate when they respond to you. Remember what they tell you about themselves so you are able to discuss it later, or on a different occasion.
- ◆ Bang-up socialisers make other people feel easy and intriguing. How do they do that? By being truly, authentically interested in other people. If you're talking to somebody and you feel dull or inferior, ask why that is. Is it truly all your fault?

- ◆ Rehearse using fewer 'personal pronouns' when you discuss things. Sentences beginning with 'I' are not only a put off for the listener; they as well keep the center of attention on you, which step-ups shyness. (Note: naturally, part of friendship is imparting things about yourself, but only when you feel it's appropriate to do so.)
- ◆ Remember that the way to overcome shyness is to center elsewhere. Like on thinking what it will be like to truly enjoy the social event, on how it will feel to be full of energy, or to be having a capital conversation with somebody.

Getting over shyness is about doing the things that allow you to enjoy social situations, not questioning why you feel shy!

Chapter 5:

Better Speaker Affirmation

Synopsis

I'm an energetic and powerful speaker.



Engaging Speaking Skills

Speaking in front of an audience is challenging for numerous individuals. While some individuals can't control their jitteriness, others avoid speechmaking due to their lack of speaking ability. Luckily, there are ways to become a better speaker and charm an audience.

- ◆ Rehearse aloud. The only way to become a better speaker is to rehearse speaking. Initially, you'll likely feel uncomfortable speaking in front of an audience. But, you can better your speaking ability by reading out loud, or reciting a monologue to yourself or friend. Articulate your words and speak distinctly.
- ◆ Slow up. Speaking too quickly may result in jumbled speech and pitiful word choice. Think before you speak. Individuals who speak too quickly often rush their thoughts.
- ◆ Acquire a public speaking class. Many business positions entail public speaking. People who lack speaking ability may consider enrolling in a public speaking class. These courses are a fantabulous tool, and they train pupils on how to speak confidently and conviction.
- ◆ Build up your vocabulary. A fixed vocabulary can impact the way an individual expresses themselves. In

turn, this may affect speech. Attempt to learn a fresh word every few days, and integrate this word into your daily speech. Be natural and utilize the word in the proper context.

- ◆ Loosen up. Due to jitteriness, some individuals can't communicate well with other people. Shyness and anxiousness may affect your speech. Learn how to loosen up. Breathing exercises can assist. Once your mind and body chill out, your speech will be clear and understandable.
- ◆ Afford yourself a break. It takes time to acquire good speaking ability. Be patient and continue to practice. You'll come across a few reversals. However, your speech skills will continue to improve bit by bit.

Chapter 6:

Authentically Happy Affirmation

Synopsis

I'm an authentic, FREE and confident person!



Building True Happiness

Humans all want to be happy at some plane. We're almost always on an uninterrupted journey to seek satisfaction. All the same we don't always know where to look, what to do, or yet what it would be to make us really happy.

Happiness can be discovered in many outside things. Business success, money, food, cars, intoxicants, the opposite sex... Individuals will smile and say that all these things bestow joy. But the trouble with outside items is that they're temporary. Those forms of outside sources will finally disappear and won't matter much when your time on this world is over.

But inner happiness can last for long time periods. On your hunt for happiness, you have to begin inside. Consider moments when you may say nice things about yourself or had a really clean good time. What did you do to feel good? Was it the income you earned, or was it that you made your youngster smile by paying for a new toy? Was it the food that you consumed, or was it the company you were with that partook in the meal with you? Outside objects that bring felicity to you are frequently extensions of an inner need.

Once you've received some self-awareness of "what" makes you happy, consider what you do or feel for other people that makes them happy. Most individuals will feel some form

of compassion for others and want to do things to help them feel fine. We even share in others' joy. Consider how some individuals cheer when a puppy is reclaimed from being stuck in a ditch or when a cat is reclaimed from a tree. Many of us have had a pet once and can feel the pain and, more significantly, delight when somebody gets their pet back. When you realize who or what you feel the most compassion for, you'll begin to have a sense of direction on what to do to accomplish that happiness.

Begin to "do something" about accomplishing that happiness you felt through compassion. There are infinite stories about individuals who quit their high-paying jobs to go after simple dreams just because of the joy they get. Many of those simple dreams involve making others happy.

And don't talk yourself out of it by utilizing negative speak. Stating things like "I'll never be able to" or "I'm not good enough" might lead you right back to the impermanent happiness objects. If your happiness comes from food, think about making the meal yourself or making one for a homeless person. If you like partying with acquaintances, host a birthday party for a youngster and invite them along.

By beginning with yourself, shining it on others and taking action, you'll be on your way to real happiness.

Chapter 7:

Meeting New People Affirmation

Synopsis

I can meet <how many> new women/men today!



Bring New People To Your Life

There are a few easy ways to make yourself more accessible, and put others at ease around you.

All right, so once again you're sitting someplace alone in a room full of individuals. Don't fret! A couple of behaviors might need to be altered, but you are able to meet people. Drawing in a potential mate (or even just a fresh friend) is human nature. Regrettably, society can make us a little afraid to speak up and say hi. Here are a couple of tricks to meeting people.

- ◆ Consider your posture: Do you slump? Sit strained or hunched forward? This states: Please leave me alone, either I'm afraid of the world or I detest everything. Sit up unbent, but not ridged. Loosen up your shoulders and legs. Try not to frown unknowingly. You would like to present other people with the image of yourself as a content, at ease individual.
- ◆ Sitting loosened up, you notice somebody magnetic. Look their direction without moving anything but your eyes. Are they looking back? Smile lightly. Not too wide, but not thin lipped either. Make that smile genuine--think about a pet song that never fails to cheer you up, and let that same smile form on your face to share with a fresh individual.

- ◆ Did they grin back? If they did or didn't it doesn't truly matter (unless they established a look that signals 'Back off').

- ◆ Now to advance. Keep that smile, and introduce yourself! Are you both reading in a coffeehouse? Go up and discover what the person is reading, since you're "looking to extend your literary concerns."

- ◆ At a party and some is seated alone? Go up and ask to keep them company since you "weren't speaking to anybody at the moment."

- ◆ I encourage you to utilize your own words to play off whatever the other individual might be doing.

- ◆ Keep the conversation easy; no babble of exes, party gossip, government unless the other individual brings the subject up, and even then step cautiously. Be open to their beliefs, but feel free to state your own--nobody likes a fraud.

- ◆ Laugh lightly in appropriate spots, lean towards the other individual when discussing something intriguing (keep at any rate 1 1/2 feet of distance between you unless they move closer however, this seems to fit most comfort zones), and let your face be expressive and unstrained.

- ◆ Be earnest in your conversation. Most individuals can tell who isn't being earnest, and no one is worth altering who you are.
- ◆ Don't monopolise anybody; if the conversation has been beneficial for three straight minutes, give them your number and excuse yourself. You never want to look dire or clingy.

What's the worst that might occur? They don't telephone? So what? Do this with at least one individual a day, and you'll have luck in making fresh associations!

Chapter 8:

Promotion Affirmation

Synopsis

I'm getting that promotion today!



Moving Up

You work hard at your job or business. You recognize you're ready for more responsibility and more ambitious work. You'd as well like the wage increase that would attach to your new duties. You recognize you want it, but how do you get that promotion?

- ◆ Perform your job or business well. You won't be trusted with more responsibility if you can't execute your present duties.
- ◆ Let your supervisors or clients know you perform your job well. If you're good at your job or business, don't keep it a mystery. Make certain those above you or your clients know that people are happy with your work, or that you just saved the company or clients some money by going with another vendor or product. If you don't let people know that you're performing a good job, no one will.
- ◆ If you're performing your duties at an upper-level, beginning taking on more responsibility in the office or for your business. If your supervisor or client asks for help on a project, volunteer to help. If a colleague needs help with something, try to lend a hand. If you've the opportunity to conduct a project, take it.

- ◆ Accept more responsibility outside of the office or your business. If there are not many chances to increase your responsibility in the office or outside your business, consider increasing your responsibility in the industry overall. Get involved in industry trade affiliations. Attend trade affiliation meetings. Offer to author articles for trade-related publications. Once you get involved in these affiliations, let people know.

- ◆ Don't be afraid to say no. Among the pitfalls of accepting more work and responsibility is drowning in your fresh responsibility. Make certain you only take on things you know you'll be able to complete by the deadline.

- ◆ If you're skipped over for a promotion, ascertain why. During your yearly review (if you have one or consult your business associates), inquire why you haven't been promoted and what you need to work on to be a top challenger for the next open promotion or how you can move up.

Wrapping Up

Everybody who has any ambition wants to be more confident. This is a goal that many people have accomplished and many more individuals wish to accomplish. There are many ways to gain concrete confidence for business and life, and each individual has their own definition of confidence. Regardless what your definition of confidence is, affirmations can help you attain your goal.

Hopefully this book has given you the tools to have a different look at using affirmations for concrete confidence.

