



Confidence
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Confidence

Table of Contents.

<i>Introduction - Confidence.....</i>	<i>3</i>
<i>Laugh.....</i>	<i>4</i>
<i>Create a journal.....</i>	<i>4</i>
<i>Confidence picture.....</i>	<i>5</i>
<i>Go for it.....</i>	<i>5</i>
<i>Confident people.....</i>	<i>6</i>
<i>Social life.....</i>	<i>6</i>
<i>Treat yourself.....</i>	<i>6</i>
<i>Positive note.....</i>	<i>7</i>
<i>Get moving.....</i>	<i>7</i>
<i>In Conclusion.....</i>	<i>8</i>



Confidence Success Secrets

Self Confidence is very delicate; you could be going along nicely with a healthy amount of confidence when all of a sudden one negative comment will knock you for six.

What is it about confidence that make us so vulnerable?

Why do some people seem to be confident all the time?

That is a very important issue to look at. Are the people you think of as confident, really confident on the inside or are they *faking it* until it becomes real? Only each individual really knows. Just as only you will really know how your confidence is increasing when you start to put the success secrets into action.

There is nothing wrong with having to *fake it* every once in a while and especially when you start to work on your confidence. You need to put a smile on your face a spring in your step and start doing what you need to do.

If you have ever heard famous actors or performers talk, they all suffer from feeling nervous and unsure. Even if they are extremely successful they can suffer from self doubt.

One main difference is that they continually go for their dreams and deal with the negative comments as they arrive, not allowing them to effect their confidence.

There is a delicate balance between being self confident and arrogant. If the fear of coming across as arrogant is what is getting in the way of you being confident then remember to keep a humble heart with your confidence.

Now it is time to have a look at ways you can work on increasing your confidence. If you need to talk more in depth about working on your confidence then remember that *Purely Peppermint is here to help you.*

Laugh

I'm sure you know the saying 'Laughter is the best medicine'. Well it also good for prevention as well as cure.

Laughter is contagious. A couple of good friends of mine have the loudest laughs ever. Going to a comedy with them is a gut-wrenching experience, because not only am I laughing at the movie, I am laughing at their laughing. Usually this results in tears of joy rolling down my cheeks and leaving the cinema on a natural high that lasts for hours.

Laughing and smiling releases feel good endorphins, which are a great boost to confidence. So find what you need to have or do in your life that will fill it full of laughter.

Create a journal

Start collecting and compiling all the successes you have in your life, no matter how small they may seem at the time. To keep track of what you have achieved, where there has been success in your life and moments when you felt confident, create a **positive reinforcement journal**.

The journal can include:

- Positive and successful events.
- Things you have accomplished.
- People in your life that bring you joy and happiness.
- Events that made you laugh (as per previous point).
- Pictures and photos that create a 'feel-good feeling'
- Poems that inspire you.

Make sure you update the journal regularly. If you are having a 'lack of confidence moment', read through your journal and celebrate **all that is amazing about you**.

Confident picture

In order to start to learn what a **confident you** is, you will need to create the most vivid confident picture of yourself you can.

- What exactly do you look like?
- Are you sitting, standing or leaning?
- Are your arms crossed
- Where are your hands?
- What are you wearing?
- How will you sound?
- Will your voice be quick, slow, loud or soft?
- Is the picture in black and white or colour?
- Who and what else is in the picture?

Remember to make the picture as detailed as possible including all sounds, feelings, smells, tastes and sights. Spend a few minutes a day working on your picture ensuring it becomes more real and vivid each time, until it is part of you. Then, when you next experience a moment when you feel low in confidence, call upon the picture of a **confident you** and watch how your confidence increases.

Go for it

It can be amazing what you are able to achieve if you take a chance and try something you previously thought impossible.

You have started your **positive journal** and created a picture of the **new and improved confident** you. Now take a deep breath and **go for it**.

If things don't go quite as you had hoped remember to laugh and see what you can learn so that you have a better result next time.

Also remember this quote 'There is no such thing as failure, only feedback'..... This is sometimes *easier said than done* but also can be a great quote for your positive reinforcement journal to help give you the confidence to **go for it**.

Confident people

If you want to be successful, watch and learn from someone who already does it and does it well. What can we discover from them? Find someone you know who personifies your ideal of great confidence and mirror what they do.

Say you want more confidence at public speaking.

- How do they prepare for a presentation?
- What is their body language like before, during, after the event?
- How do they sound?
- What make them a great presenter?
- How do they deal with failure?

Model confident people and soon you will act with more confidence.

Social life

A busy social life is a great way to boost your confidence. Start by spending time with people you are already comfortable with, doing what you enjoy. Feel the buzz of having fun and laughing with friends.

The next stage is to step outside your comfort zone so, join clubs or associations, go to new events and make new friends. To boost your confidence for stage 2, read a couple of pages of your journal and visualise your confidence picture to help you over the initial nervous moments.

Treat yourself

You are the **number one** priority and don't forget it.

Do something nice for yourself each day. Make a special fuss over any successes or accomplishments and especially having the confidence to do activities you previously were too frightened to do.

This is a step up from your journal.

Positive note

How do you start your day?

Do you jump out of bed with a song in your heart?

Or

Is it like waking the dead with your first thought leaning more towards the negative side?

Years ago I worked in an environment that I did not suit and didn't enjoy (actually my feelings towards the job were far more negative than that). Each morning I woke up with thoughts most defiantly leaning towards the negative side. This affected my health, my relationships, my career and my confidence.

Fortunately the situation was sorted and I moved on to doing something I loved. Now each morning before getting up and in the evening while falling asleep I make sure to focus on the positive aspects of my life. If there is a morning that initially starts off with negative thoughts I am able to quickly change gear to the positive, which allows me to focus on what I want and need to do.

Start and end the day on a positive note....In the morning focus on previous success (use your journal if you need to jump start this thought pattern). Before going to bed spend a few moments thinking about what went well that day.

Get moving

When you are not on top form it is easy to feel sorry for yourself and veg. out, sitting on the couch eating crisps. This will start to create a catch 22 situation of feeling low in confidence and lacking motivation, so you don't want to do anything and because you aren't doing anything you will feel low and unmotivated.

Taking part in exercise generates **feel-good chemicals**
and

Will boost your confidence.

Make the effort to do something – anything - just get moving. If you are uncomfortable with formal exercise like the gym, then try something simple as going for a walk.

This could be an opportunity to start increasing your social life by:

- Joining a tennis or badminton club.
- Taking up salsa, jive or tap with the local group.
- Or call up friends and organise a casual hike in the country.

Don't forget to smile and release even more feel-good chemicals

In Conclusion

Thank you for taking the time to read through **Purely Peppermint's** Success Secrets. I hope you found them, enjoyable, entertaining, educational and enlightening.

Confidence is a tricky thing. In one situation you may feel strong and full of confidence and in another you may suffer from uncertainty or low self belief.

Unfortunately confidence can't be bought on the internet or be given for your birthday; it needs to be established by you and you alone. These **Success Secrets** will show you different ways to create more confidence for yourself.

If you want to talk and increase your confidence even more than **Purely Peppermint** is here to help.

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