



**14**

# ESSENTIAL SECRETS TO BUILDING CONFIDENCE



## Are You Ready to SHINE?

Imagine how different your life would be if you felt more confident. Fears would be only a faint memory of days past. You'd know without a doubt that you could achieve whatever you set your mind to, and nothing could hold you back.

**You'd be living the life you've always desired!**

Self-confidence is perhaps the essential quality that sets successful people apart from others. Think of every person you know who has achieved a measure of success. Can you find even one who doesn't exhibit confidence?

The good news is that you, too, can learn these skills and gain the confidence to propel you to success in any endeavour! Wouldn't you love to have more confidence? Of course! But the reality is that it won't come to you on its own accord; you have to seek it out.

The following pages outline quick **ACTION** steps you can do **TODAY** that will immediately build your confidence. With every tip, I've also provided links to resources that will help you implement skills towards rock-solid confidence.

Use them every day and you'll be amazed by the results

*Christopher Mitra*  
LIVE AN INSPIRED LIFE



## 1 | BREATHE

It's so automatic that we forget that we are doing it, but focusing and slowing down our breathing is critical in determining how we think and feel.

One excellent method to use if you are stressed is called Box Breathing. It is used by the military and law enforcement to help personnel focus during high-stress events.

Here's how to do it:

- Breathe in for 4 seconds
- Hold for 4 seconds
- Exhale out for 4 seconds
- Hold for 4 seconds

Click [HERE](#) to watch a video on Box Breathing



## 2 | SLOW DOWN

We live in a fast-paced world of instant gratification. That type of atmosphere not only makes us stressed and anxious, but it also goes against the slower, more relaxed and deliberate persona that confident people have.

If you find yourself nervous or talking a mile a minute, pause for a moment and collect your thoughts. Speak deliberately and take time to listen to others. You'll sound much more knowledgeable.

Confident decisions and actions are seldom accomplished in an atmosphere of chaos.

Watch [THIS](#) Ted Talk on slowing down



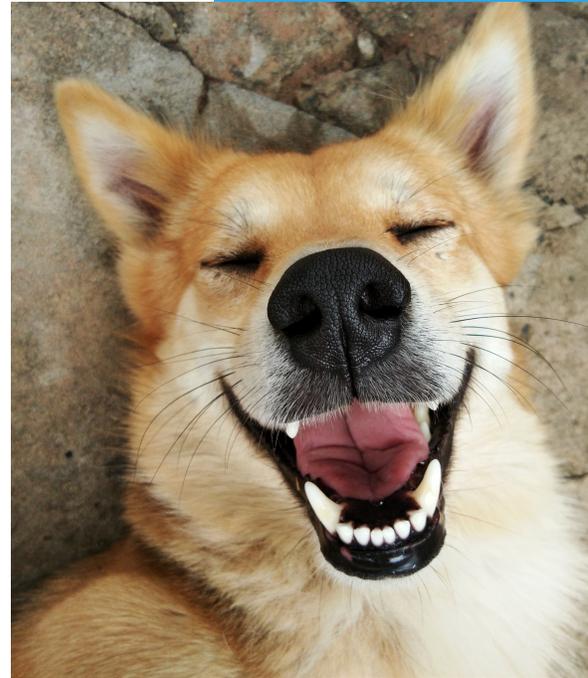
### 3 | SMILE WIDE

It's a rare commodity these days, but the simple smile is a powerful indicator of your happiness and confidence.

Picture someone who is self-assured, poised, cool and secure. What is the expression they have on their face? Chances are it's a smile

We so rarely see a smile these days that your mind is instantly drawn to those people. Even science has proven that a smile is a great indicator of success. You have to have some expression on your face, so why not make it a smile

Watch [THIS](#) video on the power of a smile



### 4 | LIVE HEALTHY

Unless you have been in a cave for the last 100 years, you won't be surprised to hear that a good diet and regular exercise not only make us healthier but make us feel better about ourselves.

Smoking, excessive alcohol use, diets high in processed foods and lack of sleep directly affect how we feel about ourselves.

If you struggle with any of those habits, the act of replacing them with a positive, healthy alternative can guarantee that you will feel more confident about yourself.

Watch [THIS](#) great video on how diet can affect your brain



## 5 | FOCUS ON YOUR STRENGTHS

We all have talents that set us apart from those around us. Perhaps you are a whiz at math, or talented at drawing. Maybe you have a great singing voice or you can tell the perfect joke. You probably have strengths that you are not even aware of.

Maybe your strength hasn't won you awards, but that doesn't negate the fact that you are good at a LOT of things.

Knowing our strengths and acknowledging our weaknesses is a huge part of being confident in ourselves. We can't be perfect at everything, but we can excel at what we enjoy.

Click [HERE](#) for a powerful video about focusing on your strengths



## 6 | INVEST IN YOU

In this hectic world where we are juggling so many priorities, often the last task we focus on is ourselves.

This is a huge mistake

The more that you can invest in personally developing yourself, the better you will be for everyone around you.

Perhaps it's meditation or exercise or spending time every night reading books on internal or external skills that you want to enhance. As you grow your mind, you will grow your confidence

Watch [THIS](#) Jim Rohn video on Personal Development





## 7 | BUILD A MORNING ROUTINE

*"Own your morning and you own your day"*

Those precious few minutes in the morning before the alarm goes off are heavily guarded by most, but hitting your snooze button is not helping your confidence.

The early morning, before LIFE starts, is an amazing time to work on yourself. Including exercise, meditation or journaling (all great confidence-building tasks) instead of pots of coffee and social media set you up for success throughout the day.

For tips on a great morning routine, click [HERE](#)



## 8 | LOVE THYSELF

You are PHENOMENAL, STRONG, TALENTED and BEAUTIFUL.

Does your self-esteem let you believe that statement?

People with low self-esteem can have confidence in some areas of their life, BUT people with HIGH self-esteem have confidence in ALL areas of their life.

The cornerstone of great confidence is great self-love. That doesn't mean arrogance; just appreciation for how amazing you are.

Learn some tips on building your self-esteem by watching [THIS](#) great video



## 9 | BUILD KILLER HABITS

Believe it or not, you live most of your life on auto-pilot. Almost half of what you do in a day is nothing more than habits that you have built since childhood.

Some of those habits are bad, like snacking while bingeing on Netflix. Others are almost sub-conscious, like brushing our teeth and drinking a morning coffee. Consciously replacing bad habits with good habits has the cumulative effect of putting you on a path toward success and fulfilment.

Start today by making small, powerful changes

Click [HERE](#) for an amazing video on habits



## 10 | SHIFT YOUR FOCUS

Your brain has evolved over millennia to keep you safe, and not to keep you happy. The result is that we grow up thinking more about what we can't do than what we CAN do.

You need to take control of your brain and RE-WIRE it to focus on the positive. In a sense, you need to update the software in your brain.

The quickest way to do this is to ensure you consciously focus on the positive and build momentum to move you in that direction

See Tony Robbins give a 5 minute class on crushing negativity [HERE](#)



## 11 | PRACTICE GRATITUDE

We all want more. We all want better.

There is nothing wrong with wanting a better relationship, job, house or self. The one thing that holds us back and slows us down from achieving those goals is because we lack gratitude for what we have.

You don't need to settle with what you have, but being grateful for all the amazing things in your life already is a sure-fire way to build momentum towards getting achieving more.

Build a habit of spending time daily in gratitude.

Watch [THIS](#) video on the power of gratitude



## 12 | DRESS FOR SUCCESS

We all have that one piece of clothing in our closet that, when worn, makes us feel awesome. We all know how much better we feel when we've had our hair cut and styled.

It's almost like re-inventing ourselves.

You never get a second chance to make a first impression, so make it count by ensuring that you are always create a conscious decision about your clothing and hygiene (even during zoom calls)

That doesn't mean you need to throw away your sweatpants, just don't wear them to work.

Learn more about dressing for confidence [HERE](#)





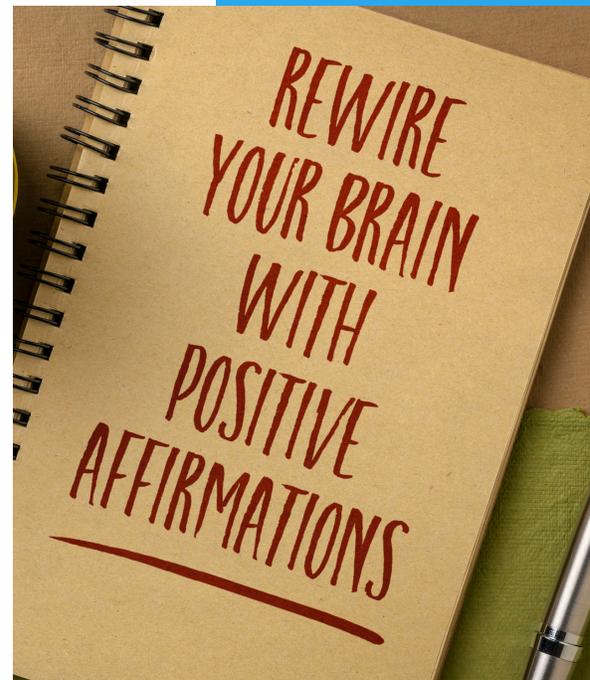
## 13 | AFFIRMATIONS

There is one tool that is so **POWERFUL**, yet so simple in its ability to change our confidence levels that it's curious that it's not front-page news.

Affirmations are clear-cut, positive statements that are designed to change our behaviours and mindset through the practice of daily repetition.

Our low self-confidence is developed over years of negative self-talk from ourselves and others. Affirmations slowly rewrite that narrative in our brain. If you dedicate the time, you **WILL** see results

Download my free Affirmation Guide [HERE](#)



## 14 | VISUALIZATION

As powerful as the human brain is, it can't distinguish between what happens in the real world and what we imagine with intensity.

We can use this science-backed life hack to \*trick\* our brains into thinking we are confident.

Have you ever been in a situation where you felt you needed to show higher confidence? Picture (in-depth) that situation and then imagine how you would react if you had the level of confidence that you wanted. Be as detailed as you can and practice daily

Download my free guide to Visualization [HERE](#)



# THANK YOU!

I hope you found this guide useful.

Remember that bulletproof confidence is built through the daily repetition of positive habits. Putting the work in is ironically what builds your confidence.

Don't waste another moment feeling low or unworthy. Implement these tips today and you'll soon find yourself living your **Inspired Life**.

If you want to invest in yourself and accelerate the results you achieve, click the link below to book a **FREE** call to discuss how coaching can change your life.

[https://calendly.com/aninspiredlife/discovery\\_](https://calendly.com/aninspiredlife/discovery_)

*Christopher Mitra*  
LIVE AN INSPIRED LIFE

[Cmitra@An-Inspired.Life](mailto:Cmitra@An-Inspired.Life)

If you know anyone who may benefit from this guide, please feel free to forward it to them.

