

4 STEP CONFIDENCE PLAN



Discover the 4 key steps to building your self-confidence. Take a moment to consider the questions. Find out the areas that challenge your most.

Want to know how to start?

Go to - www.think-confidence.com

STEP 1 - STAYING POSITIVE



A major hurdle to gaining self-confidence is not being able to control your thoughts. Negativity, self-doubt and low self-esteem are *confidence killers*. You'll need to learn to keep them under control. Step 1 is all about getting into a positive and motivated mindset.

Do you doubt yourself and not do things because you think you'll fail.



Do you dread being in the limelight and the centre of attention.



Do you sometimes feel that you're not in control and can't get everything done.



STEP 2 - GOOD COMMUNICATION



Confident people tend to have one thing in common - when they talk *people listen*. Having great communication skills is a vital component of having self-confidence. You'll need to learn to adapt the way you communicate to complete Step 2.

Do you sometimes struggle to speak up and get your point across.



Do you find it difficult to say No to people and be assertive.



Do you find people talk over you and aren't interested in hearing your opinion.



STEP 3 - SELF PERCEPTION



To feel confident in all situations, you can't be worrying about how you come across to people. How you see yourself isn't always how other people see you. During Step 3 you'll discover exactly how people perceive you and whether you have any annoying or distracting habits.

Do you know how you come across to people at work and socially.



Do you worry what people think about you and compare yourself to others.



Do you get embarrassed easily and let this stop you doing things.



STEP 4 - BEING CONFIDENT



Step 4 is about projecting confidence on the outside. Learn how to use your voice and body language effectively, control your nerves and give a great first impression. These finishing touches can be the difference between success and failure.

Do you get nervous when you speak in front of a group of people.



Do you think you look embarrassed or awkward in certain situations.



Do you panic and get mind blanks when someone asks you a difficult question.



Answered 'Yes' to any of the questions?

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The Confidence Plan

Sebastian Brünink



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The Confidence Plan Tim Ursiny, Timothy E. Ursiny, 2005 A revolutionary guide to building a more confident you This smart and practical book addresses the five essential elements that can help you boost your self confidence Back cover

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rooted internal resilience that can withstand adversity Learning to embrace your fears and act anyway Quitting the comparison game and tuning out harmful noise Investing in yourself setting boundaries and creating realistic goals Building your network by learning to connect with people authentically Celebrating the ways that you show up for yourself and for others Plan to be your own advocate Plan to create opportunities for yourself Plan to persevere when the process gets difficult Commit to The Confidence Plan **The Confidence Plan** Sarah Litvinoff,2004 Personal coach Sarah Litvinoff shows in clear steps how to build up to success how to overcome setbacks deal with fear access a positive frame of mind raise energy levels and develop powerful well placed self confidence The Confidence Plan Sarah Litvinoff,2007 Using concise steps this work offers the complete guide to enjoying a confident life Through quizzes and case studies readers begin by developing their understanding both of what confidence really means and how they perceive themselves within their professional and personal lives The Confidence Plan Tim Ursiny Ph.D.,2005-04-01 Few other factors impact your life as much as your personal confidence The Confidence Plan is a revolutionary guide that gives you a step by step process for building a more confident you This smart and practical book addresses five essential paths to help you boost your self confidence Many people want to grow in confidence but they try to do it without a plan And while most confidence books may make you temporarily feel good they fail to give you concrete ways to grow The Confidence Plan changes that by offering a six week practical program for taking your confidence to the next level Using examples of unstoppable people whose mindsets have become even stronger than before Dr Tim Ursiny shows how you can do the same by following a step by step program focusing on Mental strategies for forming beliefs that lead to peak performance Emotional approaches for feeling a deep confidence Behavioral tactics for creating actions that lead to success Relationship factors to develop a community that recharges you Spiritual centeredness that creates unbreakable confidence by living your purpose and mission Dr Tim s unique holistic approach guides you through the science and habit of optimism and success including Research on what makes people happy and successful Links to free guides and resources for trainers coaches and individuals Practical immediate action steps for busy people No matter what your current level of confidence The Confidence Plan can help you take it to the next level **The Confidence Plan** Lauchlan Bain,2014-10-27 Have you ever noticed someone who was not all that physically attractive but seemed to lure those of the opposite sex to them Have you observed someone at work who didn't really know that much about their job but was always getting raises Have you ever noticed that some people seem to be able to captivate anyone they talk to and make friends easily In this book you are going to learn how much confidence you have why you may have confidence confidence destroyers as well as confidence builders This book will teach you everything you know about the biggest marketing plan in the world the confidence plan **The New Pun Book** Thomas A. Brown,1908 Planning Problems of Town, City, and Region ,1929 City Planning ,1926 Planning and National Recovery ,1929 Twenty years of city planning progress in the United States by John Nolen 19th p 1 44 **Proceedings of the Grand**

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