

THE 5 KEYS TO BOOST SELF-CONFIDENCE



THINK
Yourself™
ACADEMY

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1. GROWTH

Look for ways to grow. We tend to categorize powerful emotions, like anger or fear, as negative. They are simply designed to make us grow to the next level on our fulfilling life's journey.

Next time you feel stressed or anxious, switch your energy into excitement for this opportunity to grow. Seek on-going education, accountability partners, mentorship & coaching.

3. CONTRIBUTION

Your confidence gets a shot when you contribute to the life of those around you. Give back. Live your purpose. Who else, other than aiming to live to your full potential, are you helping? Beyond yourself, who else are you serving? How are you a contributor? Are you part of a team? Do you belong?

When feeling like giving up on yourself, find ways to contribute, volunteer, offer a hand, or simply think about your family, children, or whomever will benefit from you getting your confidence back.

What's the difference between contribution and significance?

Contribution is to do something to give back.
Significance is the difference that it makes!

**Seeking the inner strength
to work for your dreams?**

**Let us teach you how to
Reprogram your Brain
To Feel Amazing Every Day!**

2. CERTAINTY

"Knowing" with certainty provides confidence. What are the pillars in your life that you can rely on? What do you know for sure? What have you accomplished in the past that can serve you to know you can do the task ahead.

If you experience anxiety over something that you have never done before, setting clear goals, visualizing them first, as a rehearsal in your head will trick your mind into thinking you have already done it. "Think Yourself" having done it!

4. SIGNIFICANCE

Confidence gets boosted when we feel that we matter, that we are significant and valuable. To feel needed is a key component to make you feel important. When in doubt, turn towards others and find ways for your skills to be used and seek to make a difference.

5. LOVE

Love includes what drives you, what jazzes you, what you are passionate about, what feels like butterflies in your stomach, what excites you, what you feel like doing instead of what you are supposed to be doing. Observe your life and notice what do you love and who do you love? When you feel your confidence going down, find the energy in who you love and what you love. The boost is immediate!

Contact us to sign-up for our programs:

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THINK Yourself™ A COMMUNICATION PRO
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Reprogramming brains for a world where everyone discovers and lives to their full potential!