

Easy Guide to Confidence thru Mind Power



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Greetings!

This is Dr. Marlene Shiple, the Life Coach Dr.

I have created this Special Report to help you begin the Simple Steps to Build Confidence.

**The tools to do so are already in your possession!
That's right!**

You are already equipped with everything you need to Build rousing Self-Confidence ... and to make it a habitual experience in your life!

So, I invite you to sit back, relax and breathe.

Doing so will open your awareness ... and allow these ideas to quickly and easily become a part of your life.

Over the past 35 years, I have coached hundreds and hundreds of clients to develop these same skills that I am teaching you in this Special Report.

Each of these clients was able to utilize these ideas ... and their lives became BETTER as a result.

I now invite you to enjoy these results for yourself!

Respectfully,
Marlene Shiple, Ph.D.
The Life Coach Dr.

Self-Quiz:

**What is the biggest
obstacle to complete
Self-Confidence?**

Answer: It's TIP #5!

TIP #1: Focus on Your Achievements

**Begin to pay attention ... notice your thoughts.
Notice the ideas that are occupying your mind.**

Then, start to develop a very beneficial habit.

Start to focus on your good points. That's right – go ahead and write them down.

When you write down an idea, it makes a stronger impact on you!

Make a list of your accomplishments, of your achievements, of all of the aspects that you like about yourself. Ask your friends what they like about you – list these, too!

Rather than noting your failures – begin to concentrate on your positive outcomes.

If you find yourself thinking about how you failed at something, change this and begin to look at what you have done right! Notice the corrections you have made.

Begin to focus – with your thoughts and your feelings – on feeling GOOD about you ...

TIP #2: Look for a Model

Find someone who is already confident in the area of your interest. Now, copy this person. Learn from him/her.

**What is it s/he does that makes for confidence?
What actions do you observe?**

Model as many of this person's attitudes, beliefs, values and behaviors as you can.

How can you do this? If you have access to this person, ask him/her.

If you do not have direct access to him/her, get as much exposure as you can. Read everything about this Model that you can put your hands on. Talk to people who know him/her.

TIP #3: Act “as if ...”

Now, apply Tip #2 to yourself: *Imagine* yourself already acting in a confident manner.

Close your eyes ... Vividly imagine yourself succeeding wildly at something that you dearly desire.

Your mind does not know the difference between something that you imagine vividly and the real thing! To make your imagination vivid, involve all 5 senses.

If you were confident, how would you be acting?

If you were confident, how would you be moving?

If you were confident, how would you be thinking?

If you were confident, how would you be speaking?

If you were confident, what would you be telling yourself?

Now, go ahead and do it – just that way! Let this one be FUN!!

**TIP #4: Prepare ...
Fully and Completely**

Let the Boy Scouts lead the way on this one! The Boy Scout motto aptly describes this tip – “Be Prepared”.

Prepare thoroughly for any tasks that you know you will be called upon to perform. In this way, you can be certain that you are always ready.

Are there special skills needed for what you want to do?

Then, work diligently on these skills until you have mastered them. When you are completely prepared, it is MUCH easier to express yourself with confidence!

**“Whether you think you can, or you can’t,
you are right.”**

-- Henry Ford

TIP #5: Quiet the Negative Internal Voice

Do you know that nagging, negative voice within?

It is your 100%, all-the-time-without-exception ENEMY! That negative internal voice can block anyone's success.

Self-fulfilling prophecy being what it is, engaging in negative internal thinking can poison your efforts to strengthen Confidence!

By the principle of self-fulfilling prophecy, no matter what you think, you get to be RIGHT!

So, what can you do?

You can disarm this nagging, negative internal voice. You can pay attention to notice when it is operating.

And, when you notice negative self-talk plaguing you, you can firmly tell yourself, "STOP IT!" ... and change the message to one that is positive. You can change the message to one that affirms you as a Confident person!

By doing this, you stop the negative poison and BUILD your Confidence stronger and stronger.

SUMMARY:

So, now you have the Steps to get on your way to use the Power of Your Mind to develop strong Self-Confidence.

Once again, those steps are:

- 1) Focus on Your Achievements**
- 2) Look for a Model**
- 3) Act “As if ... “**
- 4) Prepare ... Totally and Completely**
- 5) Quiet the Negative Internal Voice**

I encourage you to use these steps over and over and, by doing so, to make strong Confidence a part of your every action!

This is Dr. Marlene Shiple, the Life Coach Dr., wishing you Joy and Success on Your Path!

Marlene Shiple, Ph.D.
The Life Coach Dr.

P. S.:

FREE gift for your comments --

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Please use Subject Line: My Comments!



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