

Ultimate Confidence Quick Start Guide

“Practical Steps to Raise Your Confidence within
Minutes”

By Zaf Barnes

BestThoughtsForSuccess.com

Support@bestthoughtsforsuccess.com

I've taken all the practical techniques and tips and include them all here, so you can skim through them easily to the parts you want. I've placed them from 1 to 11.

Simply skip to what you want and apply that technique, I've tried to simplify it as best as I could to keep it short for you. Remember some of these techniques do take a little practise but the results are well worth it. To get a deeper understanding of the technique's please read the main book Ultimate Confidence.

Enjoy

Thanks

Zaf

1 Setting Smarter Goals

Follow these steps when setting your goals.

- 1) Specific – I want to have \$15500.
- 2) Meaningful – More reasons you have for your WHY more motivated you'll be.
- 3) Achievable – Never made more than \$200,000 in year, less likely to be a millionaire within a year.
- 4) Relevant – Does your goals match what you truly want from life?
- 5) Time-Bound – set an exact date to achieve goal by, break big goals into smaller chunks and work on each chunk.
- 6) Ethical or Evaluating – Set goals within your ethics, goals you know to be right. Review your goals on a daily basis, you're much more likely to achieve them.
- 7) Record or Readjust – Write down your goals, impresses more deeply onto your subconscious, increases chances of success. Readjust if make a mistake, write down mistake and try slightly different way, repeat if necessary to you achieve your goal.

2 Written Affirmations

Write your goals on 3x5 index cards, using large letters, take a few minutes each morning and evening to look at the words, then close eyes and visualize yourself enjoying the achievement of the goal. Take a deep breath and relax.

3 4 Keys to Visualization

- 1) Vividness: Adding greater detail, speeds up goal achievement.
Go test drive a new car, get feel, smell and physically see it, take pictures of yourself in the car, look at them daily.
- 2) Duration: Length of time holding the visualization in your mind the longer you can the deeper it impresses onto the subconscious.
- 3) Frequency: The more you visualize your goals throughout the day the more motivated you'll be to accomplish them.
- 4) Intensity: Is how much emotion, passion and excitement you're using when thinking of your goals.

Using visualization with the 4-steps above activates your whole subconscious mind, moving you faster towards your goals and help you feel more confident in attaining your goals.

4 Creating Effective Treasure Maps

- 1) Include one goal or area of life only to help keep your mind clearly focused.
- 2) Use anything you wish, notebook, A4 paper, or card, carry everywhere with you to keep you focused on important goals. Put yourself in the treasure map, can use a drawing or an actual photo of yourself driving a new car for example.
- 3) Show the ideal goal as though already attained, as though already in possession or achieved the object of your desire.
- 4) Add affirmations.
- 5) Spend a few minutes daily looking and thinking about your treasure map.

5 Risk List

Deal with fear by making a list of potential risks relating to your desired change. Want to change jobs? Grab a pen & paper write down all possibilities of what could happen from changing jobs. Writing down your concerns can help you dispel some of these concerns.

Final step write down what could happen if you didn't make that change.

- No promotion
- Bored in current job
- Long hours
- No new skills learned
- Travelling miles a day

You now have a better idea of what you have to lose if you don't recognize fear is what's stopping you from taking action. Remember taking no action is still taking action! Doing these two lists you can now see more clearly and make a more informed decision.

6 20 Minute Relaxation

- 1) Find somewhere comfortable to sit or lie down, where you won't be disturbed.
- 2) Now turn your attention first to the big toe on your left foot, imagine it feeling relaxed, do the same for each toe on your left foot.
- 3) Do the same for your left calf, shin and ankle, imagining them relaxing.
- 4) Turn your attention to your left thigh and do the same, once you've done this imagine the whole of your left leg feeling relaxed, warm and tingling.
- 5) Repeat this process for your right leg.
- 6) Move your attention to your buttocks and your hips now imagine them relaxing.
- 7) Concentrate your attention to your stomach and imagine it relaxing, turning your attention to the base of your back, try to imagine each vertebrae from the lower back up to the base of your neck relaxing. Turn your attention to your chest and imagine it relaxing especially the centre of your chest where your heart is, imagine it feeling warm and relaxed.
- 8) Move your attention to your left thumb, relax each finger the same way you did your toes.
- 9) Putting your attention onto your wrist, forearm and elbow imagine these relaxing, move your attention now to the upper arm and shoulder and again imagine them relaxing, now imagine you can feel the whole of your left arm relaxing, feeling warm and tingling, then repeat for your right-arm.
- 10) Moving your attention to the back and sides of your neck, imagine these relaxing.
- 11) Next put your attention on your chin and jaw, and imagine them relaxing, doing the same for your tongue, lips then cheeks and eyes and finally your eyebrows, forehead and scalp.
- 12) Now imagine your whole body is heavy and relaxed, and imagine your body is feel warm and tingling all over.

7 Swish Technique

- 1) Identify pattern to change. Visualize through your own eyes that behaviour, example smoking, see yourself light that cigarette and bringing it to your lips.
- 2) Now with this clear mental picture, create a different mental picture of how you would making that change.

Imagine taking yourself taking the cigarette from your lips without lighting it, feeling the cigarette between your lips as you change your mind and don't light it, and feeling confident. Make this picture as though watching a movie of yourself.

- 3) "Swish" the two pictures – Make a bright picture of yourself doing the behaviour you want to change in this case smoking, then in the bottom right-hand corner make a small dark picture of the way you want to be.

Now have that small picture quickly get bigger and brighter bursting through the picture you want to change into a million pieces, as it does say the word "whoosh" with as much enthusiasm and excitement as you can. See in front of you a bright colourful picture, the main key to this is speed and repetition.

When you do your visualizing for this do it with your eyes closed, then after you do the "whoosh" and seeing briefly the new picture bigger and brighter, then open your eyes to briefly break the state. Close your eyes and repeat, for a further 5-6 times as fast as you can, doing this until the old picture triggers the new picture and behaviour.

Then test, if when you light the cigarette it doesn't feel unnatural and hard to do, simply repeat the process again, doing so more clearly and quickly and feeling certain for a fraction of a second more positive of the new picture before opening your eyes. It's essential the new picture is something you really want to achieve.

Apply this technique to fears and frustrations, the key to make the new image more appealing, attractive and desirable.

8 Affirmations

Affirmations are positive statements in the present tense.

Repeating affirmations triggers your **RAS**, in doing so your **RAS** brings to your attention anything relating to your affirmations.

When your affirmations is for a specific colour and make of car your RAS will bring to your awareness that particular colour and model of car you been repeating your affirmations for. So you will start to see that particular car everywhere.

Secondly doing affirmations that is different from what you perceive to be true creates a dynamic tension within you, When your affirmations say "I weigh 10 stone" when you weigh 15 stone, creates an inner conflict between what's being said and what is felt, this is known as **cognitive dissonance**.

Doing daily affirmations helps reprogram the unconscious mind for success, which will help eliminate negative and limiting beliefs.

9 Small Successes

At the end of each day write down three small successes you've had, no matter how small or trivial you think they are. Could be something as replacing an unhealthy meal with an healthy one. Doing this breeds motivation and self-esteem and is a great exercise for building confidence.

So remember at the end of the day to write down three things at the end of the day you felt you did successfully, no matter how large or small them seem.

10 Quick Confidence Hacks

- Make a playlist of songs – Inspirational songs with heavy base
- Body posture – Remember how you hold your body can influence your mind, stand tall with shoulders back and head held up and smile.
- Exercising a few minutes, release all sorts of natural body hormones that help make you feel confident, reducing stress and anxiety.
- Ask questions – engages your mind, encouraging you to pay more attention to the world around you, opening you up to a world of possibilities and new ideas.
- Push your comfort zones – do things you don't normally do, in doing so you'll grow more and boost your confidence.
- Self-Talk – Using positive self-talk helps with focus and memory, see things as a challenge not a problem.
- Socially afraid – go out put yourself in social situations that makes you feel uncomfortable and afraid, keep doing this and eventually your fear will disappear, can start of with just a couple of minutes and build up.

11 Anchoring

A means of putting yourself into a resourceful state of mind allowing you to change limiting beliefs.

- Think of a time in your life when you felt confident
- Stand up, close your eyes and visualize that event through your own eyes, feel, hear and see everything you felt at that time. Including how you was standing magnify those feelings.
- When you can actually feel the confidence at your peak make a fist and apply pressure to one of your knuckles of your right-hand by squeezing with your thumb and finger of the other hand and say "YES" with excitement and certainty.
- Breathe the way you did when you felt this confident.
- Then again make a fist the same way and squeeze the same knuckle the same way and say "YES" and again feel the certainty and breathing the way you did when you felt this confident, repeat one more time.
- What if you can't remember a time you felt confident?

Simple think of somebody from a film you've watched or choose a celebrity from YouTube and study how they stand and move and what they say then "Act As If" you're that person, feeling their confidence, standing the way they stand and imagine what they would say to themselves to feel this confident and at the height of the experience you say "YES" in a powerful tone of voice.

Pressing the knuckle the same way, feel the power at your disposal and the remarkable mental resources you have, the surge of power. Then repeat another six times.

- Now change how you're standing and make the same fist and press the same knuckle and say "YES" the same way you did when you created the anchor, notice how you fee. Do this over the next few days.

- In a short while you'll find just pressing that knuckle you anchored to this feeling will bring on the desired state at will. But remember it could take a few attempts to get this right.