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Foreword

Self-belief is a very powerful tool that everyone should equip themselves with, as this tool is the directional factor that will encourage the individual to take on tasks and challenges that would otherwise seem impossible to accomplish. Understanding the enormity of the impact self-belief can have on an individual life would encourage the individual to cultivate the positive mindset at all costs. Get all the info you need here.



Shaping Your Destiny

Improving self-belief and achieve a successful life

Chapter 1:

What Is Self-belief?

Synopsis

The following are some recommendations on how to possibly accomplish this self-belief element within one's self:



The Basics

The good news is that self-belief is something that can be learnt and mastered and is rarely something an individual is born with. Learning how to harness the energy that creates the positive mindset for self-belief is definitely worth exploring. Teaching the ability to re-examine and discard any limitation that the mind may present as an argument, should be something everyone should consciously seek to do, especially from a very young age.

Having the attitude of never giving up and always looking for the positive in anything, will eventually render the individual, incapable of having anything but self-belief as the benchmark to all challenges.

Learning to deal with the inner voice that is creating negative thoughts as soon as they arise is also another way to train the body and mind to have complete self-belief. If the individual is taught to be confident and capable there is very little that can deter the said individual from attempting even the seemingly impossible tasks. The presence of self-belief is a good motivator to get going on almost anything, anytime.

Whenever weakness seems to creep into the equation, making a conscious effort to starve this off and replace it with strength is something that can become second nature with focused practice and implementation.

Chapter 2:

Understand What Is Holding You Back

Synopsis

Everyone should ideally desire to live life to the fullest and with as much zest as they can muster. However for most this is not the common everyday scenario as there are probably many things that hold them back from taking the step towards total fulfillment.

Perhaps understating the reasons for the reservation or the holding back instinct will help the individual better understand the choices made and make the necessary changes and adjustments to really go all out.

The following are some possibilities that could be contributing to the mindset that often holds back instead of being adventurous:

Understand It

Not really knowing what the individual wants out of life could be contributing to the reluctance to try new things or to venture outside the safety of familiarity. For most people venturing forth into the unknown is only seen as madness and possible exposure to danger, thus the unwillingness to step out. If this is the case the individual should embark on a simple exercise to help identify some of the things that would most likely interest him or her.

Upon doing so, the next step would be to categorize these into groups of elements that would be within the individual's control and dictatorship and elements that are not controllable by the individual. Once this has been done the individual can then focus on trying out some of the items listed in the first category which by now would perhaps not seem so daunting after all.

For some, making excuses seems to be the cover they use to avoid committing to trying new things or to completing things already underway. Making excuses seems to be the ideal way to buffer themselves against possible disappointment and rejection. This is also a destructive and constricting attitude to adopt, however if this is clearly identified then step can be taken to discourage this sort of attitude from manifesting further.

Chapter 3:

Eliminate The Negative Self-belief

Synopsis

Eliminating negative self-belief is important is the individual intends to be adventurous and enjoy the most out of life and circumstances presented. With any semblance of negative self-belief present the individual will be filled with a lot of doubts and be unable to venture outside the perceived safety of the perimeters laid out by them.



A Start

The following are areas that can be addressed in the quest to eliminate negative self-belief:

Understanding that negative self-belief is something that can be overcome with the right influences of the mind is the first step to acknowledging that the individual has the power to make changes.

Most people tend to blame extenuating circumstances and others, for the lack of confidence and negative self belief, and this is simply not true, although there are outside contributing factors that can influence the individual if the individual allows this to happen.

Working at developing the already present strengths further, will help to build the new and positive confidence levels in the individual, and this will help to decrease the negative self-belief until it is no longer a dominating and constricting feature in the individual's life. These strengths can serve to be motivational boosters to keep the individual focused on attempting new things and ventures.

Eliminating any other negative influences from the individual's life is also helpful in creating the ideal platform for positive growth. Having people and circumstances dictate negativity will only contribute further to the equation thus effectively keeping the individual in the perpetual state of negative self-belief.

Therefore consciously making the effort to either remove one's self from this environment or removing the offending elements, will help address the self-belief issue effectively. This will then allow the individual to move on with a more positive mindset in place.



Chapter 4:

Strengthen Self-belief With Affirmations

Synopsis

The power of the mind is a rather phenomenal tool to use when it come to self-affirmation exercises. Self-belief can be nurtured with the correct amounts of positive affirmations periodically or as often as possible. With these affirmations helping to build the self-belief, there is really almost nothing the individual cannot achieve.



Affirmations

The following are some affirmations that can be used to help build the self-belief within the individual:

Taking charge of the situation with confidence even if the individual does not feel particularly confident at the time is one way of creating self belief from within and for all others to witness. Taking control is the one way to assert the confidence needed to trigger the self-belief mindset into action.

Acknowledging respect for one's self is also a step in the right direction for affirmation that builds self-belief. If the individual has a high level of respect for himself or herself, then decisions made will reflect this respect and accordingly help the individual deal with situations as they arise.

Being comfortable with one's image and capabilities is also a form of affirmation that cannot be taught but can be encouraged. Encouraging the individual to be comfortable and explore simply based on the apparent capabilities even if they seem rather limited, will further enhance the notion of confidence from within. This style of affirmation usually helps the individual push boundaries which if consistently encouraged can bring forth phenomenal results.

Doing things that create good vibes and feeling also helps in the affirmation exercise, as a person who is active is generally also happy and content. The deserving feeling is what contributes to the overall enjoyment of doing pleasurable and satisfying things. This indulgence creates the positive affirmation that leaves the individual feeling more confident and privileged.



Chapter 5:

How Creative Visualization Shapes Your Self-belief

Synopsis

The mind is a very important tool that should be used as the ultimate platform for shaping heightened self-belief elements. If the mind is taught to believe in the capabilities on the individual, then there is nothing that the individual will shrink from trying, if nothing else, but just for the experience.



Visualizing

A healthy imagination can help the individual boost the confidence level that would be needed to accomplish the tasks put forth. If a person can imagine success, then it becomes even more possible to achieve it. In any activity, creation or exercise some level of imagination is required in order for end picture or outcome to dictate the goal.

Therefore if the individual is able to visualize this end goal, working towards something that is very dominantly feature in the mind's eye would not present as overwhelming challenge as may be first perceived.

As the subconscious mind is indifferent to either failure or success, it would be up to the mind to visualize and implement various stages of participation on the part of the individual to see any particular visualized project to its successful end.

Creative visualization also help the individual become more explanatory in the quest to make the best of the circumstances presented. Such an effort would almost always yield phenomenon results. This creative visualization will also allow the individual to incorporate elements and take risks that would otherwise not be considered at all.

The general idea behind this is that, if the mind can visualize it then the body can be easily made to follow through, thus in the long run

the level of self-belief will also be elevated and provide the necessary confidence to venture even further.

Being able to incorporate creative visualization in the scenario, can also sometimes act as a good hypnosis tool. This will then allow the self-belief within the individual to be inflated, so that the idea can be carried out with confidence.



Chapter 6:

Your Subconscious And Self-belief

Synopsis

It may be rather surprising to note that most of our thought processes are dominated by the subconscious mind and what it perceived to be relevant and irrelevant. Scary as it may seem this has been proven with extensive research. However all not lost, as the subconscious mind can be “fed” or engineered into thinking and doing as the individual’s needs require.



Subconscious

Therefore feeding the mind from a very young age with positive affirmations and input will definitely benefit the individual in the long run. This is especially so, if the self-belief system adopted by the individual is strong and productive in nature.

Ideally the information that makes up the input of the subconscious mind, will reinforce the self-belief system, and help the individual see things differently and in a more positive light.

Challenges will no longer pose an overwhelming problem for the individual because of the self-belief element is now evident in the makeup of the individual.

The subconscious mind can also help the individual to be more to changes at the very core level of the self-belief system. This new and improved self-belief that the individual now possesses will also allow the individual to experience real changes for the better if the subconscious mind is tuned accordingly.

Self-confidence in social situations will be heightened as the positive subconsciously fed mindset takes over and renders the individual full control. These overall new confidence levels will more than likely spill over into other areas of the individual's life, thus causing the previously felt apprehensions to be dissolved effectively.

Therefore in the quest to function better on all levels, it would be in the best interest of the individual to explore the possibility of always feeding the subconscious with positive and strong values, so that when needed it can play a dominating role in life.



Chapter 7:

Conquer Fear With Self-belief

Synopsis

Fear can be a crippling element that causes eminent failure, thus learning to control and even eliminate the fear factor with self-belief is something that is worth exploring for the simple reason of conditioning something negative into a positive.

There are various ways that an individual can set about conquering fear, and one of them is to cultivate a healthy level of self-belief. With this positive element present in the subconscious mind, there is almost nothing that the individual can set out doing, without achieving some level of success.

The following are some tips on how to conquer the fear with self-belief and bring forth positive results:

Bravery

Making a stubborn stand against dwelling on past failures is one way of ensuring the mind is not populated with negativity. Instead the fear of failure should be conquered by the mind searching and identifying instances where the individual was able to perform or react positively to situations because of the self-belief cultivated over time.

Visualizing positive outcomes and training the mind and body to work towards these, is where the positive self-belief system plays an important role. With this visualization the outcome can be already enjoyed in the mind's eye, thus providing the individual with the enthusiasm of striving towards achieving the intended goal.

Thinking and acting confidently is another way of tricking the mind into accepting the challenge and working towards its achievement positively. The self-belief will accommodate the confident actions taken as the individual moves towards success.

This is helped further if the individual is able to maintain a positive mental attitude at all times. The positive energy that comes from such positivity will be enough to conquer any remnants of fear. This confidence also allow the individual to explore the possibilities of adopting views of others without fear of been seen as weak or uninformed.

Wrapping Up

Perception is often the fine line between the self-belief engines being put into action to counter any outside onslaught on the confidence levels of an individual. This perception allows the individual to react in a more confident, better, positive and controlled manner because of the self-belief that dictated the perception in the mind's eye.

There are several ways that an individual can adopt in the quest to boost the self-confidence levels using the self-belief angle and the following are just some:

When an individual has the element of self-belief firmly in place in his or her life, the self-confidence levels become heightened and this gives the individual the opportunity to exude this positiveness either subconsciously or consciously. Whichever way it is displayed, the self-confidence becomes very clearly visible and evident to those around.

Exercising the ability to compliment and find the positive in every situation and everyone one will clearly show that the individual is not threatened in any way with the accomplishment of others as the individual is very confident in the personal capabilities and accomplishments. This is a clear display of self-belief which automatically conjures confidence.

Being able to confidently speak up and be visibly noted is another way the self-belief element births confidence. When an individual is practiced in the art of speaking publically either on a social level or for business purposes the self-belief levels within the individual will be evident in the way he or she conducts themselves. The conduct is usually only well orchestrated with a good dose of self-confidence. Getting involved in as many projects as time and expertise will allow, is also another way to build the self confidence, as the individual will be required to tap into the strong self belief systems to get the job done well.

