

The State of Confidence

By Steven Aitchison

Introduction

One of the main questions I am asked in my emails is 'How can I become more confident?'

I have decided to write this short report for you, the person who does not think they have confidence. Let me tell you just now, you do have confidence, lots of it, tons of it, bagfuls of it...okay you get the drift.

Someone told me last week that they have never had self-confidence in their entire life:

'Never?' I said,

'Never!' they replied

'Ever?'

'Not ever!'

'So, you're confident that you've never had confidence in your entire life?'

'Absolutely.'

I've never seen someone so confident about having no confidence in their life :)

The truth is you do have confidence, you just might not know how to access it.

In the process below, I want to show you exactly how to access how confident you are and will continue to be into the future.

Let me give you a word of warning though.

The process below is extremely easy to implement, and you might think 'It can't be as easy as that, surely.' You might even dismiss it altogether.

My challenge to you is to try it for 7 days, which is a total 105 minutes in a week, and see the difference it makes in your life.

Comparing yourself to others

When it comes to judging how confident you are, we tend to compare ourselves to others who are, on the face of it, extremely confident. The trouble with that is it doesn't teach us anything about how to be as confident as you are, as it's not actions or outward body

The State of Confidence

language that gauges how confident a person is, it's the feeling they have within themselves that make them so confident looking.

Confused? You will be :) (Anybody know where that line comes from? - answers on a postcard please).

Okay, back to confidence.

Confidence is a feeling that comes from within, it's not a skill that can be learned from others.

You need to have experience to be confident!

Have you ever heard someone say that before?

Let me tell you, its rubbish. You do not need experience about something to feel confident about doing it.

Earlier this year I was asked to give a keynote speech about beliefs. The keynote speech was in India, and it was in front of 600 Chief Executives from various businesses around India.

Only one problem with that...

I have literally never had any experience of speaking in public. Obviously, I have spoken to a group of friends or family, but that's it. I've never had to prepare a speech for 30 minutes and stand up and give a presentation, and I mean never. I had no experience whatsoever.

Did I do it?

Of course. Who would pass up an opportunity like that?

Did I feel nervous? Of course, I did, but the feeling of confidence about my message was stronger than the nerves.

Therefore, you don't need experience to feel confidence, but you do need the feeling of confidence.

Confidence as a habit

People who are confident all the time, or who appear to be, have made being in the state of confidence a habit, and that's what you're doing reading this report, you're going to make confidence become a habit in you.

The State of Confidence

The first step

The first step is to clean up the mental image you have of yourself.

Think about these scenarios and answer yes or no to them:

Would you feel confident in social situations?

Do you feel confident when talking with your family?

Would you feel confident giving a short presentation?

Do you feel confident when talking with close friends?

Would you feel confident having to make a short speech?

Do you feel confident when you are alone with yourself?

Have you ever been confident about anything in the past?

Chances are you answered yes to some of these questions, so you will know what it feels like to feel confident deep inside you.

Now what I'd like you to do is to look at the questions you answered no to and picture them in your mind as a movie. When you picture them, put them to the left hand side of your vision. Now, make the movie black and white in your mind. Now, make the movie much smaller and distance yourself from the images, in other words you are looking at them from afar.

If you have sounds in your movie, turn the volume down. If it helps just use a volume control button in your mind and turn it right down.

Something very strange happens when you do this - the feelings of not being confident begin to melt away.

The movie theatre of your mind

Your mind is literally a movie theatre.

Imagine being in a movie theatre just now. You can see the big screen directly in front of you, and you're the only one in the theatre. However, you have one special gift from the theatre manager, and that is a remote control.

With the remote control, you can change any aspect of the upcoming movie: the color, the sound, the focus, the brightness, it even has taste and smell control.

You as the director

Now, it's time to picture a situation that you would like to feel confident in. For example, you might want to feel confident in a social situation.

Put the movie of you being in that situation and bring it up right in front of you on the movie screen. Turn the brightness up, so it is nice and clear. Turn the color balance up so the movie is in vivid bright colors. Now, turn the sounds up of people laughing with you as you speak to them. Use all the control buttons on the remote control to make the movie as vivid, as vibrant, as colorful as possible.

One last thing, there is a special red button on the remote control at the top right hand side. When you press this button, you are immediately transported into this vibrant and colorful movie and you are playing yourself. In other words, you are feeling confident, you can see everything, hear the laughter, and smell the different smells wafting in from outside, you can taste the drink you are drinking very clearly.

You are very confident in this picture.

Do this for one minute, and one minute only. It will only take a few seconds to conjure up all these images and sounds.

How did you feel after doing this very short exercise?

One minute 5 times per day

Do the exercise above in the following way:

Day 1 - 1 minute, 5 times per day
Day 2 - 2 Minutes, 5 times per day
Day 3 - 3 minutes, 5 times per day
Day 4 - 4 minutes, 5 times per day
Day 5 - 5 minutes, 5 times per day
Day 6 - 6 Minutes, 5 times per day

By day 7, you will have clocked up 105 minutes of feeling confident in a week.

Now the strange thing that will happen to you when you do this for the first week, is that your mind is being accustomed to feeling confident, something it may not have done before. Pretty soon it becomes a habit to feel confident, and soon you will be in a state of confidence most of the time and your life slowly begins to change for the better.

The State of Confidence

you are able to handle yourself better, you'll feel comfortable in social situations, you'll feel relaxed about doing things you were afraid of before, and before you know it you'll be a the confident person you've always known you were.

Double the power

If you want to double the power of the exercise above, I want to show you something that will increase the power of the above exercise:

On Day 1, I want you to use an anchor to be associated with the feeling of confidence, and use the same anchor for the rest of the week.

An anchor is a unique gesture you do privately, like put your thumb and forefinger together, and it creates a strong association between the gesture and the feeling you would like to elicit.

What I mean by this is when you are getting into the state of confidence use a unique gesture with your hand e.g. press the fingernail of your forefinger into the skin on the back of your thumb. As you do this, mentally or verbally say to yourself the word 'CONFIDENCE', and as you do this keep on using your movie theatre to picture yourself as confident.

After a few weeks of doing this, you will have deeply associated this unique gesture with confidence and soon all you will have to do is press the fingernail of your forefinger into the back of your thumb and you will instantly feel confident.

Forming a habit

After a few weeks of doing the exercise above your mind will be forever in a state of confidence, and the only excuse for not feeling confident will be the fact that you haven't done this simple exercise that makes you feel confident very easily.

The balls in your court now - how confident do you want to feel?

Products by Steven Aitchison

Mind Alchemy: Unlocking the Power of Your Mind

<http://www.cytguides.com/MindAlchemy1Dollar/>

How to Become an Advanced Early Riser: Getting 5 Hours of Sleep and Feel Amazing

<http://www.cytguides.com/EarlyRiser>

Interviewing The coaches: Tap Into the Minds of The World's Top Life Coaches

<http://www.cytguides.com/InterviewingTheCoaches>

Binaural Heaven: Get powerful Binaural Beats delivered to Your Inbox Every Single Week

<http://www.cytguides.com/BinauralHeaven/>

How to Reach 10,000 Blog Subscribers

<http://www.cytguides.com/10000Subscribers>

Lucid Dreaming: Living in Your Dreams

http://www.cytguides.com/lucid_dreaming.html

How to Make True Friends

<http://www.cytguides.com/MakingTrueFriends/>

Ditch The Alarm Clock: Wake up Naturally

http://www.cytguides.com/wake_up_naturally_without_alarm_clock.html

Steven Aitchison's Blog

<http://www.stevenaitchison.co.uk/blog>