

A person is captured in mid-air, jumping with arms and legs spread wide in a 'V' shape. They are silhouetted against a bright, low sun that creates a lens flare and illuminates the scene with a warm, golden light. The person is wearing a dark long-sleeved shirt with a Hello Kitty graphic on the back and dark pants. The background is a vast, open field of tall grass under a sky with scattered clouds. The overall mood is one of freedom, joy, and triumph.

HOW TO WIN MORE IN LIFE

# SELF-CONFIDENCE SECRETS

# Self-Confidence Secrets – Resources Report

## **Step 1: Find areas of competence and pick one to improve**

Right off the top of your head, write down ALL the things you are good at

Ask other people for external validation of these areas (awards / compliments / anything other people say or do that confirm you are really good at these things)

Pick one you want to TRULY MASTER

## **Step 2: Be fully aware of your increased competence and take confidence from it**

Get excellent at your chosen area

Take it to the next level

Become recognized

## **Step 3: Use confidence in one area empower you to improve your competence in other areas**

List all the other areas you are struggling in

Pick the second area you will choose to MASTER

Schedule a start date

Set up a plan of action regarding the skills you will step up

#### **Step 4: Focus on mastery and control by letting your curiosity guide you**

How curious are you?

Step up your daily curiosity

List down all the things you explore daily

Keep increasing your list

Apply these to the tasks you do in the areas you mastered

Keep stepping up output

Keep increasing output quality

#### **Step 5: Make sure there is no disconnect between your inner and external confidence**

Look at yourself in the mirror

Express your confidence in easily noticeable ways

Allow yourself to feel calm and at ease