It’s Waiting For You!

By Barbara Ling



Master Self Confidence (Print Version)

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**Last but never least:**

**My family**. My wonderful husband, Moses Ling, my terrific kids, my great stepson my wondrous mooses, my absolutely fantastic parents - none of this would be possible whatsoever without their love and support. This one's for you, folks!

# Dedication

**To my husband:**

**My everything** is dedicated to my husband, Moses Ling…the man in my life who keeps me sane and gives me the truest meaning to my life.

I love you the mostest. Always.

**Barbara Ling**

**Fortune favors the bold.**

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# Welcome!



Hello and thank you for investing!

This powerful “**Mastering Self Confidence**” Cheat Sheet will provide you with 3 simple steps you can use at anytime you want…

… to build up the ability to believe in yourself.

**And make no mistake about it – believing in yourself is one of the key components to being successful online!**

So let’s begin with:

**Have you ever had a desire to:**

* Feel good about mailing your lists at least twice a week
* Feel good about mailing your lists at least once a day
* Feel good about releasing products that showcase what you’ve either learned or mastered
* Just about \*anything\* that requires you put yourself out there?

**While at the same time:**

* **Not wasting time**

If so, you’re at the right place!

This cheatsheet is designed with 3 things in mind:

* **Step 1.)  Provide you with the best self-confidence videos (you can bookmark on your device)**
* **Step 2.)  Provide you with the best motivational soundtracks you can have on for inspiration purposes**
* **Step 3.)  Provide you with the best how-to confidence goodies/tutorials/sites online**

Ready for the adventure?  Alrighty, begin with:

# ****Before You Begin****



Before you begin, you \*must\* bookmark the resources you’ll learn!

Discover how by:

* If you’re on a desktop, press D to bookmark pages
* If you’re on any sort of handheld device, use this resources for learning how to bookmark: [how to bookmark on a mobile phone](https://www.google.com/search?q=how+to+bookmark+on+a+mobile+phone&newwindow=1&source=lnt&tbs=qdr:y)

Next, move to:

# ****Step 1.)  The best self-confidence videos (you can bookmark on your device)****



Start with this one (I know it’s motivation, but it’s really good)

* [https://www.youtube.com/watch?v=SWb0ig3g7jg .](https://www.youtube.com/watch?v=SWb0ig3g7jg)

Next, check this one:

* <https://www.youtube.com/watch?v=v8N1Vwf_Ypg> .

Listen to that too… and bookmark them as well.

**Now, let’s talk about self-confidence channels and videos**.

Here’s where you can find all the self-confidence videos:

* [**Self Confidence You Tube Channels**](https://www.youtube.com/results?search_query=self+confidence&sp=EgIQAg%253D%253D)

And individual videos?  Check out:

* <https://youtu.be/JgjntmIZm_c>
* <https://youtu.be/NkvGTht2xTY>

The above are good places to \*start\*.

Additionally, these are good resources to listen to/read:

* <https://player.fm/podcasts/Self-Esteem>
* <https://www.tutorialspoint.com/self_confidence/>
* <https://www.self-confidence.co.uk/course/online/part1/>

Now, the videos you’ve seen… bookmark them so you can refer to them on any device.  **I cannot emphasize this enough – this roadmap will be useless to you if you forget about it!**

This is so important, let’s repeat that in great big yellow letters:

**Now, the videos you’ve seen… bookmark them so you can refer to them on any device.  I cannot emphasize this enough – this roadmap will be useless to you if you forget about it!**

If you forgot, remember:

* If you’re on a desktop, press D to bookmark it.
* If you’re on any sort of handheld device, use this resources for learning how to bookmark: [how to bookmark on a mobile phone](https://www.google.com/search?q=how+to+bookmark+on+a+mobile+phone&newwindow=1&source=lnt&tbs=qdr:y)

Have you done all of the above?  After all, you NEED to have it all in place on your device… that way, it’s always at your fingertips!

But listening to mainly \*words\* might not give you what you need every now and then – inspirational music!

Move now to:

# ****Step 2.)  The best motivational soundtrack you can have on for inspiration purposes****



There are literally thousands of motivational videos online.

You can see them over at:

* <https://www.youtube.com/results?search_query=motivation&sp=CAMSAhAC>

And some good videos are:

* <https://www.youtube.com/channel/UCyC_4jvPzLiSkJkLIkA7B8g> (is an utterly amazing collection!).

But what if you learn better via pdfs or blueprints?  Move now to:

# ****Step 3.)  The BEST how-to confidence goodies/tutorials/sites online****



Looking for some superb self-confidence tutorials online?

Check out:

* <https://www.lifehack.org/articles/lifestyle/63-ways-to-build-self-confidence.html>
* <https://blog.hubspot.com/marketing/confidence>

Not to mention this excellent search (that will return the best tutorials from within the past year:

* <https://www.google.com/search?q=self-confidence+tutorials&newwindow=1&source=lnt&tbs=qdr:y>
* <https://www.google.com/search?q=self-confidence+challenge&newwindow=1&source=lnt&tbs=qdr:y>

Good stuff!

Now…. remember the earlier desires I had mentioned?

* Feel good about mailing your lists at least twice a week
* Feel good about mailing your lists at least once a day
* Feel good about releasing products that showcase what you’ve either learned or mastered
* Just about \*anything\* that requires you put yourself out there?

Once you have internalized self-confidence, you will discover that you yourself…

Well, you are a \*gift\*.

That’s so important, let me repeat it in great big blue letters: again!

**Well, you are a \*gift\*.**

That means that people are \*lucky\* to have \*you\* in \*their\* lives.

But the thing is… everyone has their own “best” ways of learning online..

And IF by chance, the way \*you\* teach doesn’t flap their earlobes…

Well, that’s okay.

**If they unsubscribe to your list, that’s okay too!**

It’s \*their\* loss, not yours.

**Internalizing THAT is one of the greatest gifts you can give yourself.**

And \*that\* is the goal of this quick friendly roadmap.

You can always revisit this page even on your mobile phone…

… and when you need that self-confidence lift, it’s at your fingertips!

**\* \* \***

**Remember… the above is a ROADMAP to self-confidence.  You cannot just start the ideas ONCE and then expect your accomplishments will repeat week after week!**

But you’re not done yet – now it’s time for:

# ****Your Next Steps****



Your next steps are to DO!

Review the above resources.

**Remind your that the only person who can help yourself build self-confidence… is YOU!**

The coffee is in your cup… Make a stellar brew today.

Enjoy!

Grow strong,

Barb “Make Success Happen” Ling

Authority Marketing Innovator

# What You Have Just Learned



You have just learned these 3 quick self-confidence roadmap resources

* Step 1.) The best self-confidence videos (you can bookmark on your device)
* Step 2.) The best motivational soundtrack you can have on for inspiration purposes
* Step 3.) The best how-to confidence goodies/tutorials/sites online

But you’re not done yet – now, it’s time for:

# Your Next Steps



## **Your next steps are to DO!**

Go over the 3 main components to this roadmap.

Pick one that intrigues you…

… and then begin YOUR self confidence journey!

Remember – the only person who will step up to the plate to make things happen for you…

Is you!

The coffee is in your court….

Make it a stellar brew today.

# Conclusion

This concludes the power report “Master Self Confidence eBook Roadmap”!

Hope you enjoyed it bigtime! And please don't forget to network with me:

[](http://PerkingUpProfits.com/)

Hope you enjoyed this powerful blueprint! I welcome connecting with you on Facebook – please click above to “like” and start to chat!

You're going to love what you discover!

Grow strong,

Barbara Ling

[Http://www.barbaraling.com](http://www.barbaraling.com/)

# About The Author

**Welcome!**

My name is Barbara Ling, and in a nutshell, I’m all about sharing what I’ve learned over the past decade about authority and creating and running a profitable business online.

My credentials include:

* **Writing 100+ books/ebooks** about various/sundry ways for people to generate income online (entrepreneur, recruiting, real estate, auctions, Mobile, finding a job, safe weight loss, hidden customers, etc.etc.etc.)
* Being quoted/featured/etc. in various publications/blogs online like:
* <http://www.forbes.com/sites/cherylsnappconner/2013/08/28/do-press-releases-still-matter-yes-but-not-like-you-think/>
  + [Barbara Ling: Secrets of a Veteran Webmaster](http://www.seomoz.org/ugc/barbara-ling-secrets-of-a-veteran-webmaster-free-nonclickbank)
  + [Empower Your Children To Out-Earn Their Professors](http://www.johnchow.com/empower-your-children-to-out-earn-their-professors/)
  + [Nailing a good contractor](http://money.cnn.com/2000/06/13/home_auto/q_contractor/)
  + [**Microsoft Small Business Success Story**](http://web.archive.org/web/19991217035657/www.microsoft.com/smallbiz/success/barbaraling.htm)

There’s ‘way too much to write here….you can visit my [**Barbara Ling About Me**](http://www.barbaraling.com/about/)page to learn more!

# Appendix 1: Recommended Resources

Want to see some of our great offerings? Of course you do! Behold:

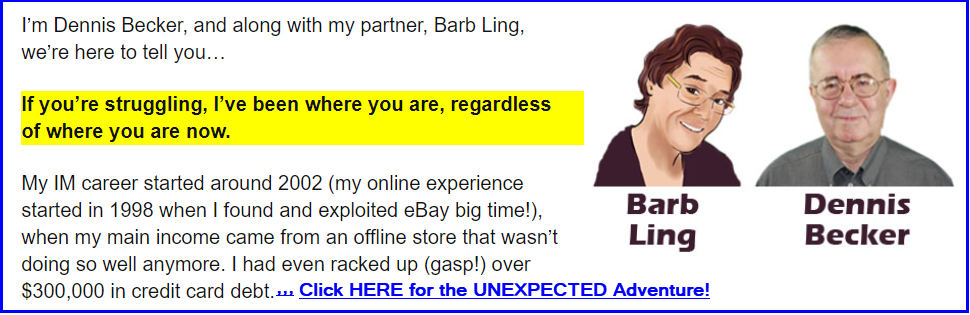
## DAB Group Coaching!

*Ever wish you could invest in a seasoned, veteran coach (or 2)… one who would hold your hand when needed and yet also give you the kick in the figurative rear posterior when required?*

*If so, I’ve partnered up with Dennis Becker and now offer the rather* ***magnificent InfoBusinessUniversity \*Premium\* Coaching****!*

***And it’s only $1 to test it out for a week….***

*The amount of actionable material you will uncover will delight you for years to come. In other words….*

[](http://askblings.com/dabcoach)

*Learn more over at:*

**[http://dabcoaching.com/ …](http://askblings.com/dabcoach)**

You Will love what you discover!!

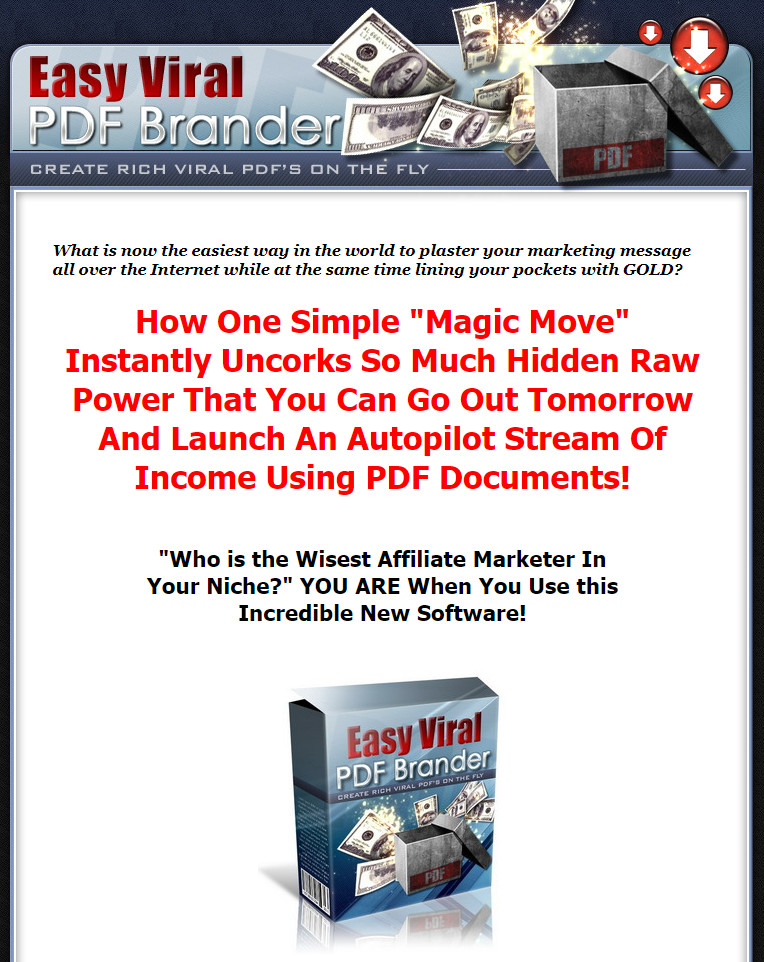
## DAB Marketing End User Basics and Essentials!



**Get the BEST Basic Essentials Marketing Training anywhere online at a HUGE savings! Learn more at:**

[**http://dabcoaching.com/basics\_enduser**](http://dabcoaching.com/basics_enduser)

## Easy Viral PDF Brander!

[](http://easyviralpdfbrander.net/)

This goodie lets your affiliates rebrand giveaways with THEIR links… assuring your products get seen far and wide!

[**http://easyviralpdfbrander.net/**](http://easyviralpdfbrander.net/)

# Remember.....

**Fortune Favors the Bold.**

**Go out and make yourself fortunate. . .**

**TODAY!**

