



Self-Confidence Giant's: 10 Principles For Transformational Self-Confidence: A Practical Guide For Entrepreneurs And Business Executives

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Breaking the Self-Confidence Giant Code Self-Confidence Giant presents: 10 Principles for Transformational Self-Confidence: A Practical Guide for Entrepreneurs and Business Executives, a system of principles and strategies that produce Personal Development, Peak Performance and Goal Achievement. It is the skillset and competence of completing goals on a consistent basis that equates to personal-development, peak-performance and goal-achievement. Self-Confidence is a tool of success? The first phase in developing self-confidence is having a vision, a mission and a purpose. Your first primary function is to have faith in God, then believe in yourself. You must also possess the ability to think forward and follow through despite roadblocks along the way. As former basketball coach Phil Jackson put it, "I think the most important thing about coaching is that you have to have a sense of confidence about what you're doing. You have to be a salesman, and you have to get your players, particularly, your leaders, to believe in what you're trying to accomplish on the basketball floor." Vision, Mission, and Purpose is the first Phase of Confidence There can be no supplement for genuine self-confidence and there is nothing more credible than assurance. However, it is a myth that most people understand they have strength when it comes to confidence. Most people don't know how to get or keep confidence. For instance, as a life coach and personal trainer I see people asking me to confirm them all the time. I work with people who have confidence with making million dollar deals every day, but are shy at parties. I see others who are confident when asking someone on a date, but may be nervous at a job interview. Understanding Your Strengths Competence, strangely enough, bears little relationship to confidence. The fact that you do your job extremely well does not, by itself, ensure that you are also confident of your abilities. It is only when you are aware of your competence that you become confident. One of the key strengths that we will talk about later is the ability to persevere when things get tough. Life is great when everything is going well, but what will be our actions when things become difficult? People at the top persevere with Self-Confidence all the time I'd like to give some tips to raise your confidence. First, think of past successes that helped you drive development and improved performance in a project. Secondly, physical health: Regular exercise makes your immune system strong and well equipped to fight various diseases and infections. As you remain disease free, there is a sense of self-importance. Third, keep your focus. Don't get side tracked with life. Confidence is tied to goals. When you complete your goals you're focused. When you are all over the place with your life, your confidence is down and your goals are not being accomplished. Finally, embrace the process of success and failure, it's worth it. Oprah Winfrey was fired from her first television job as an anchor in Baltimore, where she said she faced sexism and harassment. But Winfrey rebounded and became the undisputed queen of television talk shows before amassing a media empire. Today she is worth an estimated \$2.9 billion, according to Forbes. There was a study done at Manchester Business School in the U.K., which found that male business students thought they deserved to earn \$80,000 a year, while women thought they deserved only \$60,000. Women have less faith in their earnings vs. men. Women effectively believe they are 25% less valuable than men. Don't underestimate yourself. Oprah didn't allow someone else to determine her value, and neither should you.

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