

SELF-CONFIDENCE TRANSFORMATION



CHECKLIST

Transforming your self-confidence for the better is something that will take a lot of time, effort and understanding of your psychology. Hopefully, having read the full e-book you now have a good idea of precisely what this entails and how you can begin to build that more confident you.

But at the same time, you probably still have a long way to go before you will have successfully completed this endeavour and become that most confident version of you. Let's take a look then at the steps you need to follow to do just that; let's distil all that advice into a simple list that you can follow and tick off.

- **What is Confidence**

- Confidence is the ability to do what you want and to be yourself
 - This must be done in a way that still recognizes social cues and unwritten social rules
- Confidence means taking decisive action and not second guessing yourself
 - This means you must be willing to accept consequences
- Confidence means that others perceive you as being higher in the social pecking order
- If you try desperately to gain approval, you inadvertently send a signal that you need others' approval more than they need yours

- **Giving Off Confidence**

- Use confident body language. This means that you are relaxed, spread out and that you are willing to make yourself vulnerable by smiling, joking and exposing your most sensitive areas.
- Speak slowly, powerfully and without stuttering or stammering (if possible)
- Gesticulate as you talk, speak with your body as well as with your voice – remember that 70% of communication is non-verbal
- Tell stories, use repetition, build suspense – don't be afraid to make your audience wait for the next line
- Place your hands on things or lean against them to signal ownership. Lean on a doorframe to indicate you feel as though you 'won the room'
- Hold eye contact
- Speak your mind

- **Take Action**

- Confidence means taking decisive action, not second-guessing yourself and not hesitating when it counts
- Be willing to take the consequences of getting it wrong
- Try to step back and ask what 'someone' should do rather than doing it yourself
- Consider the best case scenario and what you can do to make that the most likely reality
- Don't be afraid to speak up and take charge

- **Find a Passion**

- When we find a passion, we naturally speak more confidently, more dynamically and more engagingly
- When we are passionate about something, we can't help but speak with our entire bodies
 - Passion and excitement are infectious
- When you have something you love, then you have less reason to be influenced by what others think and you can gain that sense of success and of encouragement from doing what you do and being good at it

- **Boost Your Confidence Externally**

- Boosting your confidence externally can help to boost your confidence internally. This is due to the law of attraction, which is to say that when you give off a certain impression, you attract things of a similar ilk in your life.
- In other words, if you are confident and passionate, then you will attract confident passionate people. People will be confident in you, they will trust you more and they will be more inspired by you.
- When you are confident in your own ability, you are more likely to take chances, to go out on a limb and to pursue things you might not otherwise.
- If you *feel* confident, you *act* confident. People treat you differently, you start to make things happen. Thus, you *become* confident.

- With that in mind, one easy way to start building confidence is to dress correctly. That means:
 - Dress in keeping with the fashion but don't be dictated by it
 - Have your own style
 - Use clothes to accentuate the things you like about yourself and to mask the things you don't
 - Wear clothes that are well fitted – this *always* enhances your physique more than going baggy

- And work out:
 - Lose weight by engaging in cardio, in HIIT and in concurrent training (cardio combined with resistance training)
 - Men and women will both experience more rapid body recomposition by using resistance training and big lifts.