

_____ 's Confidence Account

Our mental state dictates a large part of our success. Sinking into fear and anxiety will increase the likelihood of failure. An incorrect attitude towards failure will cause diminished self-esteem.

However, SELF CONFIDENCE will increase the likelihood of success. AND we can develop and manage our own self confidence.

With self confidence we can think clearer and perform better.

This simple exercise will help us manage and develop our own self confidence.

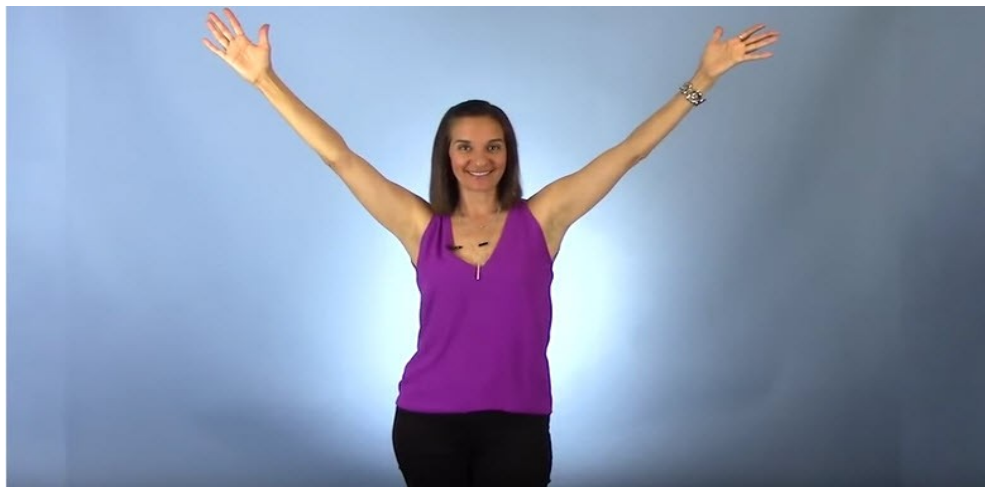
Do the following:

- 1) Write down all the things you (or your child) are good at. Everything. It does not matter what these things are. Absolutely everything counts. Write in a format such as "I am very good at..."
- 2) Each day you think of something new add it to the list.
- 3) Keep the list handy so you can add to it or use as needed.
- 4) When a boost of confidence is needed stand with the shoulders back, head high, arms up stretched in a V. Say, out loud, the sentences on the list. Use a loud and confident voice. Continue for three minutes.

This will transfer confidence from the things you are already confident at to the things you are not. Like a bank account. Except it doesn't debit, it only adds.

Is it goofy? Sure, but that's okay. You're allowed to be goofy. And I'd rather be goofy and successful than reserved and not.

Go ahead, do it!



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