
LEGENDARY LIFESTYLE

SELF CONFIDENCE FORMULA

(a modified version of Napoleon Hill's original
work)

This formula is comprised of 4 points that will instill and integrate self- confidence when repeated consistently over time. Follow these instructions:

- ◆ **Read** this formula **aloud** once a day for 90 days, recommend at the beginning of each day and in front of a mirror.
- ◆ **Commit** to memorizing it so you can read it aloud with great intention.
- ◆ **Believe** that the repeated declaration of this formula will influence your thoughts and actions towards achieving everything you desire in your life.
- ◆ **Build** your awareness around your emotions, feelings and thoughts while you are doing these daily confidence building exercises. Don't judge the thoughts as being good or bad, positive or negative. **Keep** a log or daily notes to watch your shifts over time.

FIRST

I know that I am **ABLE** and **CAN** achieve the greatest expression of **ME** in life, therefore, I **DEMAND** of myself persistence toward my highest potential through continuously living my purpose and I now make this solid promise to myself that I will always move forward with full intent!!

SECOND

I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, I will concentrate my thoughts for thirty minutes daily, upon the task

of thinking of the person I intend to become, thereby creating in my mind a clear mental picture.

THIRD

I know through the principle of *auto-suggestion*, any desire I persistently hold in my mind will eventually manifest itself into my reality, therefore, I devote 10 minutes daily to solely focus on developing my **SELF-CONFIDENCE**.

FOURTH

I have clearly written down the script of the story of my life, detailing the dream life I wish to create, and I will never stop trying until I have developed enough self- confidence to attain that dream!

FIFTH

I fully realize that no wealth or status is long-lasting unless built from truth and fairness, therefore, I will engage only transactions that benefit all involved in the most positive way. I will succeed by attracting all the beautiful opportunities that serve me and the cooperation of other people. I will induce

others to serve me, because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a positive attitude will only bring my positive outcomes and success. I will cause others to believe in me, because I will believe in them, and most important, in myself.