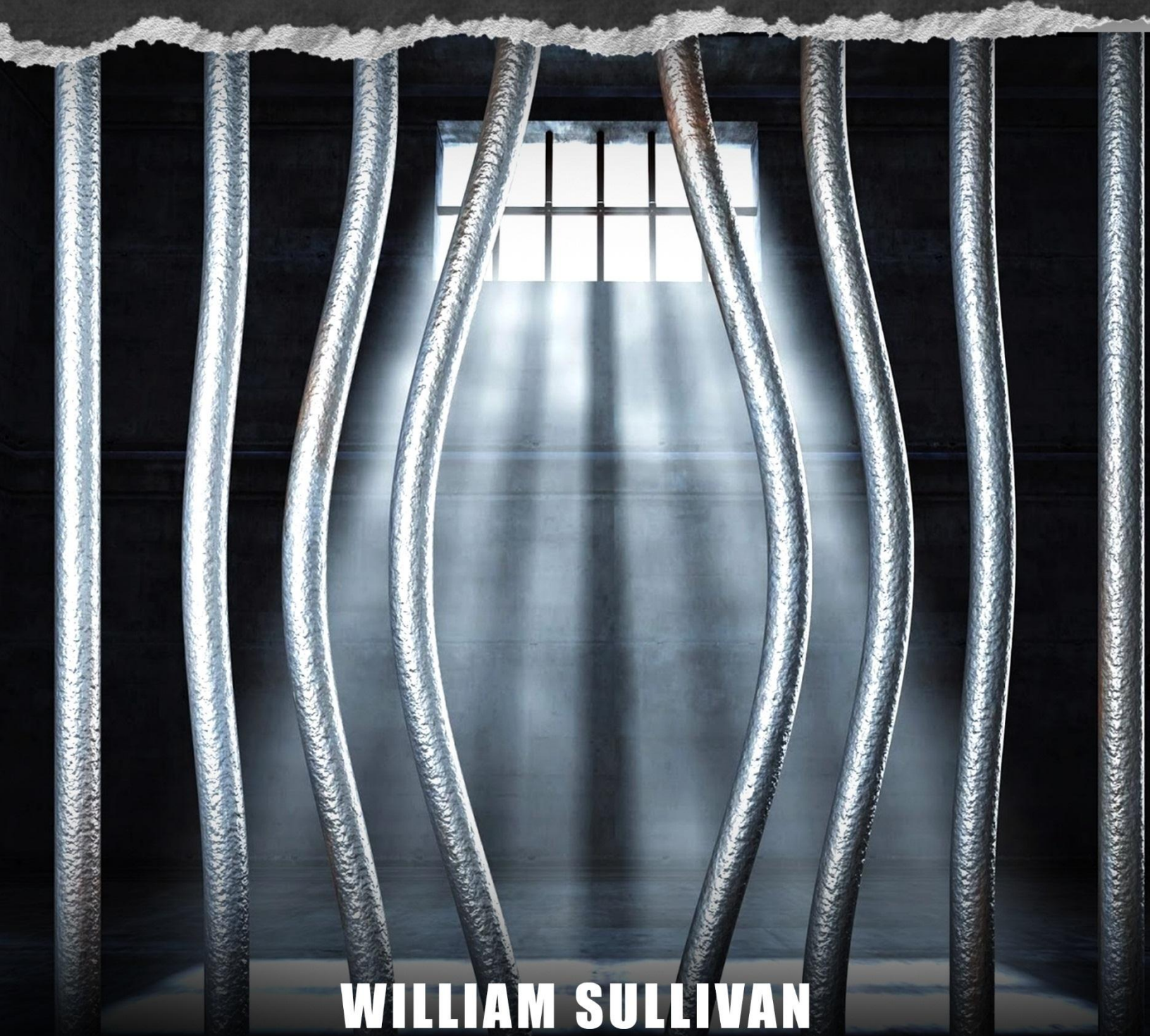


— U N L E A S H —

# THE WINNER

WITHIN, **CONFIDENTLY!**



**WILLIAM SULLIVAN**

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# INTRODUCTION

The gaining of self-confidence and courage and the ability to think calmly and clearly while talking to a group is not one-tenth as difficult as most people imagine. It is not a gift bestowed by providence on only a few rarely endowed individuals. It is like the ability to play golf. Anyone can develop his own latent capacity if he has sufficient desire to do so.

Is there any reason why you should not be able to think as well as in a perpendicular position before an audience as you can when sitting down? Surely you know there is not. In fact, you ought to think better when facing a group. Their presence ought to stir you and lift you. A great many speakers will tell you that the presence of an audience is a stimulus an inspiration that drives their brains to function more clearly more keenly. At such times thoughts fact ideas that they did not know they possessed come drifting in.

No one is born with courage and self-confidence. You develop it. And that happens through practice. Every time you expose yourself to a situation that scares you, and you make conscious effort to overcome that fear, and function normally, you will improve. Sooner than later, you'll wonder why it was ever a problem for you. My purpose here is to provide introductory insight into how learning public speaking can equip anyone with the required interest who is willing to take needed action, with the ability to confidently address any individual or group audience in a manner that influences them to agree with his/her line of thinking or do what He/she wants.

That ought to be your experience. It probably will be if you practice and persevere. Of this much, however, you may be absolutely sure; training and practice will wear away your audience fright and give you self-confidence and abiding courage.



Do not imagine that your case is unusually difficult. Even those who afterward became the most eloquent representative of their generation were at the onset of their career afflicted by this blinding fear and self-consciousness.

There is a certain responsibility in making a talk even if it is to only a dozen people - a certain strain, a certain shock, a certain excitement. The immortal Cicero said "Every public speaking of real merit was characterized by nervousness".

Speakers often experience this same feeling even when they are talking over the radio. "Microphone fright"; it is called some people no matter how often they speak, always experience this self-consciousness just before they commence but in a few seconds after they have got to their feet it disappears.

At first you might be awkward and seems a real labour to adjust yourself. You might struggle for a time under a feeling of apparent diffidence and sensitiveness and these may add to your awkwardness but this will be only for a short time. In a few moments you will regain your composure and warmth and earnestness and your real speech will begin. All it takes is practice.

Think of the benefits it will bring you. Therefore arouse your enthusiasms for this self-study. Enumerate its benefits. Think of what additional self-confidence and ability to speak more convincingly in public will mean to you. Think of what it may mean and what it ought to mean in dollars and cents.

Think of what it may mean to you socially; of friends it will bring; of leadership it will give you, of the increase of your personal influence and it will give your leadership more rapidly than almost any other activity you can think of or imagine.

"There is no other accomplishment" which any man can have that will so quickly make for him a career and secure recognition as the ability to speak acceptability. It is an attainment that almost every person of education longs for.

In every effort some men grow faint-hearted and fall by the way side; so you should keep thinking of what this skill will mean to you until your desire is white hot. In order to get the most out of your efforts to become a good speaker in public and to get it with rapidity and dispatch, four things are essential.

## How To Overcome Low Self Esteem

Low self-esteem is almost always rooted in years of being told that person is not good enough, is a disappointment, "why can't you be more like so and so," blah, blah, blah... Sometimes this is unintentional, In other cases, the person doing the putting down may be fully aware of what they are doing. The victim is then discouraged and does not make efforts to nurture and expand their own innate capabilities. This is a vicious cycle often generational but one that can be broken.



When we have little self respect for ourselves or a very low self esteem it becomes very hard to be a success at anything. We often fail before we even start something, simply because we tend to avoid situations we fear. The very idea of something can send us running for the hills. But it is this very avoidance that is responsible for compounding the problem. You see giving up something before you even start is habit forming. Each time you take the easy option you make it harder for yourself the next time.

Denis Waitley once said "To establish true self-esteem we must concentrate on our successes and forget about the failures and the negatives in our lives. So the good news is that overcoming low self esteem is not as difficult as it may seem. The view that self confidence is something we are born with is simply not true. It can be learned like anything else and it comes through building on our previous successes and learning from our mistakes. It doesn't matter where you start from because success is only relative anyway. What is certain though to build self esteem you must make the decisions that will allow success in to your life.

To start with do not take company with people who are unsupportive and critical. Abusive people can make your life very difficult and should not be tolerated. Seek out the company of stable, supportive and positive people. Don't make friends or associate with losers. They will bring you down and leave you feeling worthless.

Take the time to give support and help to people who will appreciate your efforts and show you respect. A good way to do this is to get involved in voluntary work. There are many charities that will greatly appreciate your help and you will feel good about yourself giving them your time.

Make an effort to keep yourself in good shape, exercise regularly. If you feel happy about the way you look, you will feel good about yourself and this will increase your confidence. If you can't change the way you look and are not happy about it, do not judge yourself. You did not choose to be the way you are so don't be self critical.

Spend some time everyday, sitting in silence, allowing the way things are to be as they are without judgement be they positive or negative. Sit with your feelings of inadequacy and discomfort, without criticism. Soon you will find a sense of acceptance and compassion arising. This will increase your well being and improve your self-esteem.

Increase your knowledge and further your education. You will get great satisfaction from learning new things and achieving a higher level of education. Learn a new skill that others will appreciate, such as a second language.

Imagine how you will feel when you can face any situation with a spirit of adventure and a calm attitude. When toleration of uncertainty is second nature. When you become a "take me as I am" person who is not scared to fail once in a while. This is not arrogance, this is simply you being yourself and not dancing to the beat of someone else's drum. It is a big problem to go through life wanting to be liked or fearing others opinions of you. All our energy is diverted in the wrong direction. If I'm making a speech I want to making the speech and not be thinking about what the audience is thinking.

The true path to building self confidence is to devote yourself to excellence in all that you do!

Here is how it works. When making a decision, do your best to choose the better option over the easy option. The choices you make determine whether you 'remain in' or 'move out of' your comfort zone. The better option usually takes us out of our comfort zone. You see, we often settle for the easy choice because it is the one we are familiar with, even if it is not helping our cause.

When you have made your choice, devote excellence to the path you have chosen. In the beginning you will still probably avoid some of the more uncomfortable situations but this is to be expected. Mahatma Gandhi once said "No matter how insignificant the thing you have to do, do it as well as you can give as much of your care and attention as you would give to the thing you regard as most important. For it will be by those small things that you shall be judged."

As your sense of positive pride grows through giving your best, you will increase self confidence and build your self esteem. You will begin to feel good about yourself and have more energy and passion to take on bigger things. We will never conquer low self esteem through analysis alone. Building self confidence is only possible by allowing success into our lives on an ever increasing basis.



## Eliminate the Causes

People who use negativity to discourage or control others have usually suffered the same verbal poison arrows and are not aware of the impact of their words. You do not have to listen to it anymore, though! If someone who speaks to you in a derogatory manner is not willing to change, then spend little or no time with them for a while. If that is not possible imagine the voice of Charlie Brown's teacher when that person is speaking -- take, "you'll never amount to anything," and turn it into, "weh-wah, weh-wa-wah" and suddenly it loses its effect.

## Get to the Heart of You

Focus on all the positive things that you are. Gradually, the positivity will reveal to you other great things about yourself that the negative outlook you had before was suppressing. Eliminate the "buts" that creep in... a positive does not have to be countered by a negative. Take the kernels of goodness and allow them to expand. When you make a habit of taking a moment to go look at your good qualities, then building up your self-esteem is easier.

## Take Care of Yourself

This is difficult for almost everyone with low self-esteem. They feel that they are not worthy of the indulgence of taking care of their own health and well-being before focusing all of their energy on giving to others or bouts of doubt and self-questioning. This is poppycock, The better state your health and mind are in, the more effectively you can handle all of your responsibilities. This begins to break the cycle of negativity that low self-esteem must have to continue. Eat well exercise and put yourself together everyday. Then make an effort to get out around people even if it is just taking a swimming lesson or joining a hobby group or a book club.

## Foster Positivity

Everyone needs reinforcement when they are trying to raise their self-esteem up to where it should be. In both the people that you choose to spend time with and the self talk you engage in, be sure that support and encouragement are strong factors. Encourage relationships with others and with your own mind that nurture your soul, your self and your self-esteem. This will take practice. Start with an essential tell yourself every morning and every evening that you deserve to be happy.

## Do Not Stumble over Setbacks

Even the happiest people with the most fantastic self-esteem have bad days or weeks. You will as well. The washing machine will break the fuel pump will fail and a kid or animal will come home with a virus or creepy crawly. Do not let the inevitable instances in life divert you from the positive path you are on. Battle your low self-esteem and refuse to settle for less than you are worth!



# How To Develop Self Confidence

Confidence is about believing in who you are whilst at the same time having pride in yourself and things you have accomplished in your life. Without it life can be very stressful, believe it or not but it will determine how you interact with people in this globalised world of ours. Today I'm going to usher in a new beginning for you; I'm going to guide you on how to develop self confidence.

Who you are; where you come from and your present circumstances form the basis of self confidence. In more ways than one they give you a feeling of association and belonging being comfortable in one's own skin will save you. This personal pride will get rid of any thoughts of inferiority and before long you won't feel small when you're around people in better circumstances. It is sort of like not being comfortable when you're with rich people because you're poor that comes as a result of a low self esteem.

The reason why we aspire for success is that we all want the sense of achievement that comes from it. Now why bother achieving successes if you don't look at them as an indication of your worth as a person. And, oh yes, don't forget the talents and gifts that you have. Helplessness is caused by not fully believing in your abilities and this will lower your confidence. Do the opposite and embrace them wholeheartedly, you will see how you easily become freer and more confident.

I'll let you in on a secret. You have the perfect remedy right at your fingertips and it's your dreams and targets. Instead of just letting them bounce around in your head write them down on a piece of paper and go on with your day to day business. If you achieve a goal then scratch it out of your list. With time the list will become smaller and before you know it you'll be feeling so energised you won't know what to do. Crossing out the goals you've achieved will give you a sense of achievement that is good for your confidence.

Despite what you might have heard people who look at you straight in the eye have a high self esteem and a lot of confidence. People who also keep their head up and don't look down are again very confident. So next time you interact try practice this little by little with time you won't feel small but big in the presence of others. This is a wonderful source of confidence.

If you are looking for some tips on how to develop self-confidence here you'll find the answer to your problems. I'll show you three simple steps that you have to take in order to get rid of your shyness and build up confidence. Don't get me wrong though - the process is simple but it doesn't mean that it's easy. However if you are serious about improving your self-confidence, you'll definitely manage. Now let's talk about these steps!

### **I. Know your enemy - analyze your insecurities and create a plan to eliminate them**

As Sun Tzu said, "if you do not know your enemies nor yourself, you will be imperiled in every single battle". It's the same with shyness if you don't know your main insecurities, It'll be very hard to fight with your shyness.

How to identify your enemy? Think about situations that make you feel uncomfortable, nervous, insecure. Note them down and analyze them. Which ones have the biggest impact on your self-confidence?

Now that you know your insecurities, it's time to create a plan to eliminate them. It's very simple. Let's take as an example speaking to pretty women. If it makes you feel insecure, it means that you're not used to it (because you're avoiding it, right?).

To get rid of this insecurity, you have to do the opposite - instead of avoiding it, you have to do it as often as possible. Set a goal to speak to at least one pretty woman every single day and you'll get rid of this insecurity in no time! Do the same with every other thing that makes you uncomfortable.

## **2. Get some help - ask yourself what makes you confident**

To make the process easier, you have to identify things that make you feel confident. It can be music, movies, books, a quote some people or even some kind of sport. Whenever you feel insecure, remind yourself of this thing (or do it). It's very important to keep your confidence level high all the time - you have to get used to this feeling to make it a permanent change!

## **3. Improve your self-esteem by improving yourself**

In order to become a confident person, you not only have to get rid of your insecurities, but you also have to become the best version of yourself. The better you are the more confident you feel. The more you concentrate on improving yourself the less often you think about your weaknesses.



## Positive Thinking

If you want to understand how to develop self confidence, you should watch others who clearly have plenty. Think about it, if you want to know about photography, you will learn from a photographer, if you want to know about cooking, you will learn from a chef. So it stands to reason that if you want to learn how to develop self confidence, you will learn from someone who has self confidence.

Find something that you do well, and do it often. Perfect it as much as you can. It does not even matter what it is. Everyone is confident when they excel in an area.

Some people sadly feel that they do not have an area of excellence, or even that they are not good at anything. This is just not so, everyone has positive attributes. The real question is, what have they done with them? There are so many characteristics of fine quality and if you look, you will find them in yourself.

Some people are the best at keeping integrity. If this is not a quality worthy of building self confidence, what is? Remember as people we are not all raised the same way. We do not all have the same life experience. However on some level we are all born with the same opportunity to build on who we are. This is one thing that can never be taken from you. You are you, and unless you allow it no one can change what you will become except for you. If you stop and think about that, it is pretty powerful or rather it makes you pretty powerful.



## 7 Positive Thinking To Developing Self Confidence

Self confidence is a feeling which is based on your faith and your experience. Even successful people can feel insecurity inside. But what separates them from many people is their approach toward their experiences, their mental attitude what knows exactly what to do and they see their "problems" as a new wonderful gift which is begging for the solution.

In the following you will find some tips and techniques to boost your confidence. Use the exercises you like or you feel comfortable with.

**1. ENCOURAGE YOURSELF.** By whatever means necessary, you need to develop the habit of self-encouragement. As Henry Ford said, "Whether you think you can or think you can't, you are right."

**2. WATCH HOW YOU SIT AND STAND.** Lift up your chin pull back your shoulder stomach in, chest out and tell me that you are ready to climb the Mount Everest.

**3. SMILE** has probably the strongest effect on people. When you take a walk or go for a meeting start with smiling at the first seconds. Just look at their face their reaction to your warm friendly smile. They will most likely respond back to you on the same way with a big smile in return your friendliness.



**4. KEEP A JOURNAL.** Keep track of what you are doing, why you are doing it and what the results are. All self-improvement starts with self-awareness. Keeping a daily journal allows you to look back a day later or a week later with a certain degree of impartiality and evaluate what really happened, what could have been done differently. Over a period of time, you will clearly be able to see your own progress.

**5. FOCUS ON YOUR STRENGTHS.** Always focus on what you are good at and try to be the best at it.

**6. THINK POSITIVE.** You have to take charge of your own mind. You have to develop a winner mentality, and to do this you have to root out the negativity that is holding you back and replace it with a positive influence. This is where positive thinking comes in. Think about what you've done right and what you like about yourself. Think about the goals that you are in the process of accomplishing.

**7. HELP OTHERS.** Nothing builds self confidence like extending a hand to someone in need. By thinking of the needs of others, you will stop dwelling on your flaws.

Think  
Positive!



# Effects Of Good Mental Health on Living a Fruitful Life

The human mind is a complex organ that can be affected by virtually anything. A person's diet, sleep patterns, toxic exposure, exercise and more all play a vital role in our mental health. Some things people cannot control when it comes to mental health-- one such thing being the genetic link, the ageing process, and our sex. Other things such as weight exercise the amount we sleep, and our diet can be regulated by the individual in order to positively or negatively affect our mental health. The factor that we are going to focus on is diet and what effect it has on a person's mental health.

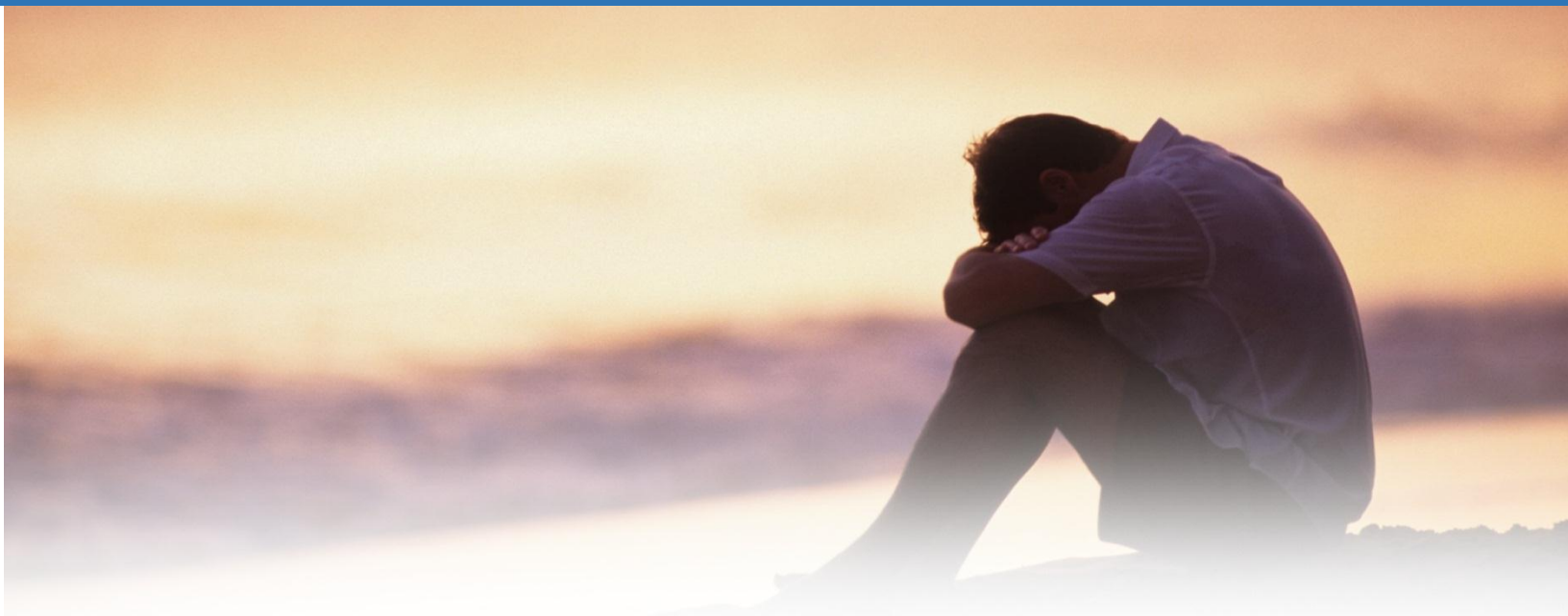
Mental health is something all of us want for ourselves, whether we know it by name or not. There are no easy answers here - mental fitness is the awkward stepchild you sent away to the state hospital in the country and visited once a year.

In fact good mental health is an integral part of good overall health for people with HIV. Primary Care Mental Condition is a new peer-reviewed journal on research, education, development and delivery of mental health in primary care. But mental health is far more than merely the absence of mental illness.

Being healthy is a concept accepted by one and all with a sound mind. Here is the catch though, a sound mind is needed to set goals of proper health including diets. If the mind is not in prime shape then goals of health are not set or are nebulous hence to be in proper physical shape mental sharpness is essential as is the choice of diet.

Proper diet allows the mind to stay alert. Adequate rest is required by the mind too, to function at optimum level. Hence sleep is a big component of a healthy mind and sleep deprivation is a big component of anxiety disorders and other mental ill health.

Proper diet is important in giving micronutrients. Components in diet like alcohol; smoking and definitely recreational addicting drugs go a long way in creating mental ill health. This trickles down in the form of neglect and later on physical symptoms leading to downgrading of health.



## Depressions are the greatest Problem

People are four times more likely to break off a romantic relationship if their partner is diagnosed with severe depression than if they develop a physical disability. Overall the two strongest predictors for thinking about suicide were depression and substance abuse.

Through compelling personal stories told through television, video, the Internet and print media the campaign encourages men to recognize depression and its impact on their work, home, and community life. However it will also enable cam-mind to launch a project designed to help employers tackle stress, anxiety and depression in the workplace. But what's the difference between "normal" feelings of sadness and the feelings caused by depression.

Topics covered vary widely, from healthy self esteem in adolescence and signs of depression to resources for diagnosing mental health problems in children.

## Problems about Mental Condition

Those with schizophrenia are particularly likely to face problems: 20% of women said they would break up with a partner who was diagnosed with the condition. The research team have also found that stress at work is associated with a 50 per cent excess risk of coronary heart disease, and there is consistent evidence that jobs with high demands, low control, and effort-reward imbalance are risk factors for mental and physical health problems (major depression, anxiety disorders, and substance use disorders).

The first step is to reduce the stigma surrounding mental illnesses, using targeted public education activities that are designed to provide the public with factual information about mental illnesses and to suggest strategies for enhancing mental fitness, much like anti-smoking campaigns promote physical health.

To avoid the pitfalls of overzealous dieting and unguided physical exercise, one needs to be aware of the body's needs of diet which are quite unique for each person. By doing this the person can customise the needs of each person and put together a decent dietary method and some good physical workout to get both the mind and body in peak form.

## Unleashing your Potential

Do you want to achieve your dreams? If you do, this is the perfect article for you. You are about to discover the secret how you can unleash your potential and tap into your maximum greatness. Most people are living in mediocrity simply because they do not know the strategies that they need to tap into their potential.

Do you want to live up to your full potential, then you will need to invest in your personal development. What makes a person successful? Is it intelligence, dedication, is it luck or talent? Yes, all these things also figure in but the truth is that there are loads of people who are hardworking, dedicated and intelligent and do not consider themselves to be high achievers or happy. There are people who are not extremely bright but are successful and happy.

Yes, investing in your personal development skills will help you achieve your peak performance and help you to live up to your full potential. Do you know that your success in your chosen career, sports, love, friendship is largely determined by the way you view yourself? Being unhappy is something that you actually choose. You might think that no one in their right minds will choose to be unhappy but you need to understand that one consciously chooses to be self confident, successful and happy.

As long as you follow through what I am going to share with you here in this article, you are able to produce amazing results in your life. In fact, success is something difficult, but it is doable and the reward for achieving it is great. So are you ready to tap into your full potential? Are you ready to unleash your greatness? If you do, apply these tips into your life today...

1. Focus on the achievement of your dreams and your goals. What type of satisfaction and rewards that you will get if you achieved your goals and make your dreams come true? Always remember this, it is the outcome that will motivate you to do it. So do not focus and think about the process. Successful people focus and think about the outcome all the time. That is why they are so motivated to take action and to do it.
2. Did you know exactly what you want to accomplish in your life? If you do not know what you want, it is impossible for you to achieve it. You cannot hit a target that you cannot see. Thus, find out what you want to achieve in your life right now. Take out a piece of paper and write down all your dreams and goals. Be serious and do this right now.
3. Create a plan about what you need to do in order to achieve your goals and take action everyday. Successful people are highly organized people; they know what they need to do everyday to move toward their goals. And you must do the same. Write down what you need to do daily, create a daily plan and take action according to your plan.

We all know that success doesn't always come that easy and it takes years of perseverance and hard work for us to achieve it. That being said, do you know that training your brain will help you unleash its potential and help you control your success rate? Being successful is all in the mind and empowering your mind will help you to become a happier and successful individual in no time. Below are some ways to help you strengthen your brain and unlock your potential.

The secret to happiness in the world we live in is to invest in our personal growth, when we do so, we unleash our potential.

# Here are 5 simple steps to unleash your potential

## **1. Set Goals**

In order to unleash your potential, you will need to set goals and milestones. By doing this you will be able to take account of the progress you are making. Setting goals will also act as a great source of inspiration to keep you on track and this step also offers you the basis to take corrective action if you notice that things are not going the way you expected.

## **2. ACT!**

You may have the best plans on the face of the earth, but if you fail to act on the targets you have set, you might as well be wasting your time. Your personal development skills will help you be proactive, so that you can conveniently tackle any situation you may find yourself when you proceed to act on achieving your set target.

## **3. Look at Change in Positive Light**

The most constant thing in life is change. Those who have invested in their personal growth will get on the train of change and explore possibilities. People who think that investing in personal development is a waste of time will stand on the platform after the train has already left and wonder where everybody has gone.

## **4. Concentrate on The Thing(s) You do Best**

You need to figure out what you do best, invest your energy into doing these things, and get someone to assist you in the areas that you are not quite good at.

## **5. Continue to Hone your Personal Development Skills**

We all know that it is easier to concentrate on doing the things that we need to do at the moment and forget about investing in our personal growth. This is the fastest lane to staying precisely where we are in life for a pretty long time. Hone your personal development skills the best way it suits you.

# How to Develop Confidence For Public Speaking

Public speaking is the act of speaking on a particular subject in front of a group of people with the intention of influencing, entertaining or informing the listeners. In order to be a good speaker one must be able to influence people, change their opinion, and get the point across. But the important question is, how does one develop confidence for public speaking? Of the many public speaking skills to master, this is perhaps the most important & challenging.

Have you ever tried talking in front of the public? Or even talk to a superior of your school? In boys' cases, have you ever tried asking for a girl to be your girlfriend? Or even tried telling her that you are madly, deeply in love with her?

If yes, then very good! Your confidence to yourself is high. And you have overcome your greatest inside problem, low self-esteem. You are ready to go farther than were you have been. But if not, then you better get ready for I am about to share to you how difficult life is without confidence and believing in yourself. And all you can do is turn your back from any challenges that need self-esteem as your weapon.



Let me start with a situation wherein you need to present a 5-minute speech in front of the class about any issues in the society. You know that only this speech could save you from failing a subject. That awkward feeling when your heart beats like drums on streets, hands shaking, the feeling of cat-got-your-tongue and you can't even do anything about it. You can't deliver your speech clearly because you're afraid to talk in front. This is what you call glossophobia, or simply the fear of public speaking. Most people suffer from this because you could be scared of the other people's comment about your idea pronunciation or your gestures. But if you walk in front and be confident of your speech, you'll surely be receiving applause from the audience and I know you know how it feels to be appreciated by people.

Don't let fear of public speaking make you embarrass in front of other people. Do something with it. Develop your confidence in public speaking by being prepared in everything. Make sure you are ready with your speech know and understand well your lecture. Open your own ideas to the audiences like examples experiences and quotations. You should also practice well your pronunciation and everything so that you would not get embarrassed in front with your own manner of speaking. If you are still nervous of delivering your speech, the only thing that you can do is pretend. Pretend that your nervousness feeling doesn't exist. Don't forget to make an eye to eye contact with the audience and watch your proper gestures that they wouldn't even notice that your shaking.

There are some bad things that may happen to someone who has low self-esteem. Maybe he or she couldn't live his or her life happily for the negative thoughts always bothers him or her. Don't let these bad things happen to you, make an action and improve your self confidence.



Here are some excellent tips for you to successfully become a good public speaker:

- The first and the foremost secret is to be always well prepared for the speech. Be hundred percent sure of your content and know exactly what you are going to say to your audience. And always know a little more than what is on your speech. This way you gain confidence as you go along because you know what you are talking about.
- Time your speech well. You will be extra confident if you plan exactly when you will start and finish.
- Even if you are a skilled speaker, you are bound to feel nervous sometimes. Don't worry, stay calm and turn your nervousness into raw energy that you can use while delivering your speech.
- Relax a bit before the speech. Take a few deep breaths through your nose and let the tension melt away.
- Know your audience well and interact with them before starting on your speech. This way you feel better while speaking. And as you spot familiar faces in the audience looking up to you, your confidence increases tenfold.
- Remember, stage fright is nothing but a manifestation of our lack of belief in our own self. So tell yourself that you are going to speak really well and you will.
- Focus more on the speech than the audience.
- Also, know the area where you are going to deliver the speech. The more comfortable you are in your surroundings the more flow your speech is going to have. You will sound a lot more confident and at ease. Always be energetic and alert while giving a speech as it livens up the atmosphere. Spectators look up to you as someone who is very sure of what he is speaking.
- Your body language defines your personality. So don't slouch smile excessively or fiddle with your hair or hands. Be confident and maintain a right posture with your head upwards.
- Remember no one really knows how tensed you might be. So even if you make a mistake or an error, move on and don't let it break your flow. This will maintain your confidence. Smile and stay focused.

## Conclusion

I have to conclude the book, 'How to Develop Self-Confidence and Influence People' focuses more on speaking in public or presenting and thank you for reading my book, you've finish this book I hoped it helped you on attempting anything new or something which holds great anxiety and fear such as public speaking, for example, then preparation will help ease tension and begin to focus the mind on a positive outcome. Self confidence and a positive self image is not only crucial to success in all areas of our life it makes the difference between living an ordinary verses an extraordinary existence.

There are many practices we can adopt that will encourage, support and evolve our self confidence levels and enable us to step forward into fears and push through to new victories and break-through. The first is to take the time to write a list of all our achievements in life so far. This begins to focus the mind more on past successes rather than a natural tendency to focus emotionally on past failures. By actively using the process of visualisation and applying a feelings state when goal-setting we accelerate the chances of achieving what we have set out to do. Write the goals in the present tense along with how you will feel when these goals are realised.