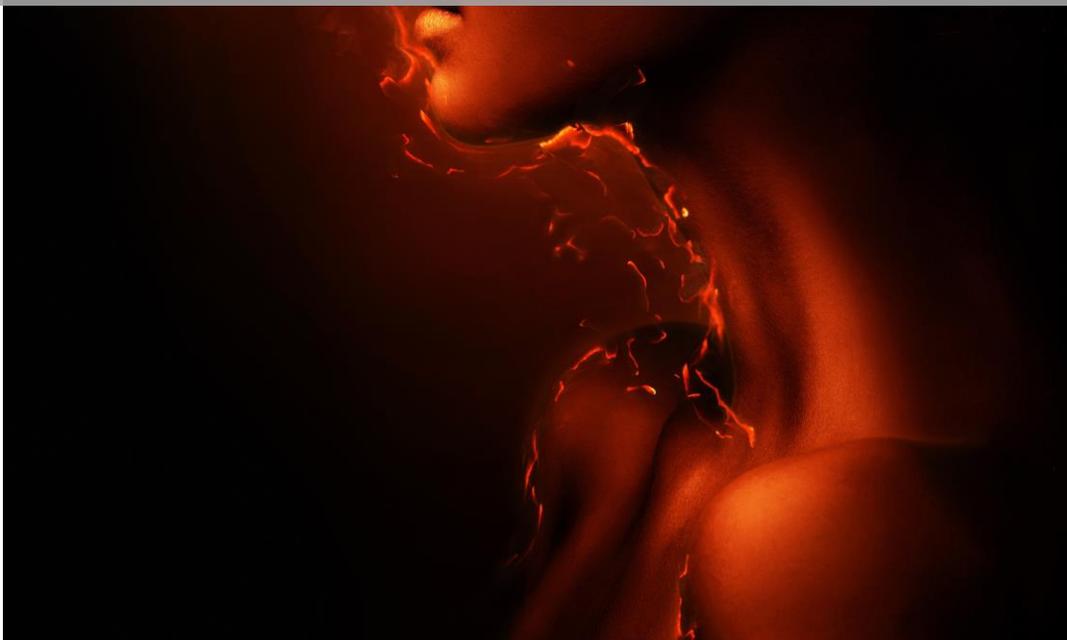


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WHAT IS YOUR DESTINY



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# Foreword

Self-belief is a very powerful tool that everyone should equip themselves with, as this tool is the directional factor that will encourage the individual to take on tasks and challenges that would otherwise seem impossible to accomplish. Understanding the enormity of the impact self-belief can have on an individual life would encourage the individual to cultivate the positive mindset at all costs. Get all the info you need here.



## ***Shaping Your Destiny***

Improving self-belief and achieve a successful life

# Chapter 1:

*What Is Self-belief?*

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## Synopsis

The following are some recommendations on how to possibly accomplish this self-belief element within one's self:



## **The Basics**

The good news is that self-belief is something that can be learnt and mastered and is rarely something an individual is born with. Learning how to harness the energy that creates the positive mindset for self-belief is definitely worth exploring. Teaching the ability to re-examine and discard any limitation that the mind may present as an argument, should be something everyone should consciously seek to do, especially from a very young age.

Having the attitude of never giving up and always looking for the positive in anything, will eventually render the individual, incapable of having anything but self-belief as the benchmark to all challenges.

Learning to deal with the inner voice that is creating negative thoughts as soon as they arise is also another way to train the body and mind to have complete self-belief. If the individual is taught to be confident and capable there is very little that can deter the said individual from attempting even the seemingly impossible tasks. The presence of self-belief is a good motivator to get going on almost anything, anytime.

Whenever weakness seems to creep into the equation, making a conscious effort to starve this off and replace it with strength is something that can become second nature with focused practice and implementation.

# **Chapter 2:**

## *Understand What Is Holding You Back*

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### **Synopsis**

Everyone should ideally desire to live life to the fullest and with as much zest as they can muster. However for most this is not the common everyday scenario as there are probably many things that hold them back from taking the step towards total fulfillment.

Perhaps understating the reasons for the reservation or the holding back instinct will help the individual better understand the choices made and make the necessary changes and adjustments to really go all out.

The following are some possibilities that could be contributing to the mindset that often holds back instead of being adventurous:

## **Understand It**

Not really knowing what the individual wants out of life could be contributing to the reluctance to try new things or to venture outside the safety of familiarity. For most people venturing forth into the unknown is only seen as madness and possible exposure to danger, thus the unwillingness to step out. If this is the case the individual should embark on a simple exercise to help identify some of the things that would most likely interest him or her.

Upon doing so, the next step would be to categorize these into groups of elements that would be within the individual's control and dictatorship and elements that are not controllable by the individual. Once this has been done the individual can then focus on trying out some of the items listed in the first category which by now would perhaps not seem so daunting after all.

For some, making excuses seems to be the cover they use to avoid committing to trying new things or to completing things already underway. Making excuses seems to be the ideal way to buffer themselves against possible disappointment and rejection. This is also a destructive and constricting attitude to adopt, however if this is clearly identified then step can be taken to discourage this sort of attitude form manifesting further.

# Chapter 3:

## *Eliminate The Negative Self-belief*

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### Synopsis

Eliminating negative self-belief is important is the individual intents to be adventurous and enjoy the most out of life and circumstances presented. With any semblance of negative self-belief present the individual will be filled with a lot of doubts and be unable to venture outside the perceived safety of the perimeters laid out by them.



## **A Start**

The following are areas that can be addressed in the quest to eliminate negative self-belief:

Understanding that negative self-belief is something that can be overcome with the right influences of the mind is the first step to acknowledging that the individual has the power to make changes.

Most people tend to blame extenuating circumstances and others, for the lack of confidence and negative self belief, and this is simply not true, although there are outside contributing factors that can influence the individual if the individual allows this to happen.

Working at developing the already present strengths further, will help to build the new and positive confidence levels in the individual, and this will help to decrease the negative self-belief until it is no longer a dominating and constricting feature in the individual's life. These strengths can serve to be motivational boosters to keep the individual focused on attempting new things and ventures.

Eliminating any other negative influences form the individual's life is also helpful in creating the ideal platform for positive growth. Having people and circumstances dictate negativity will only contribute further to the equation thus effectively keeping the individual in the perpetual state of negative self-belief.

Therefore consciously making the effort to either remove one's self from this environment or removing the offending elements, will help address the self-belief issue effectively. This will then allow the individual to move on with a more positive mindset in place.



# Chapter 4

## *Strengthen Self-belief With Affirmations*

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### Synopsis

The power of the mind is a rather phenomenal tool to use when it come to self-affirmation exercises. Self-belief can be nurtured with the correct amounts of positive affirmations periodically or as often as possible. With these affirmations helping to build the self-belief, there is really almost nothing the individual cannot achieve.



## **Affirmations**

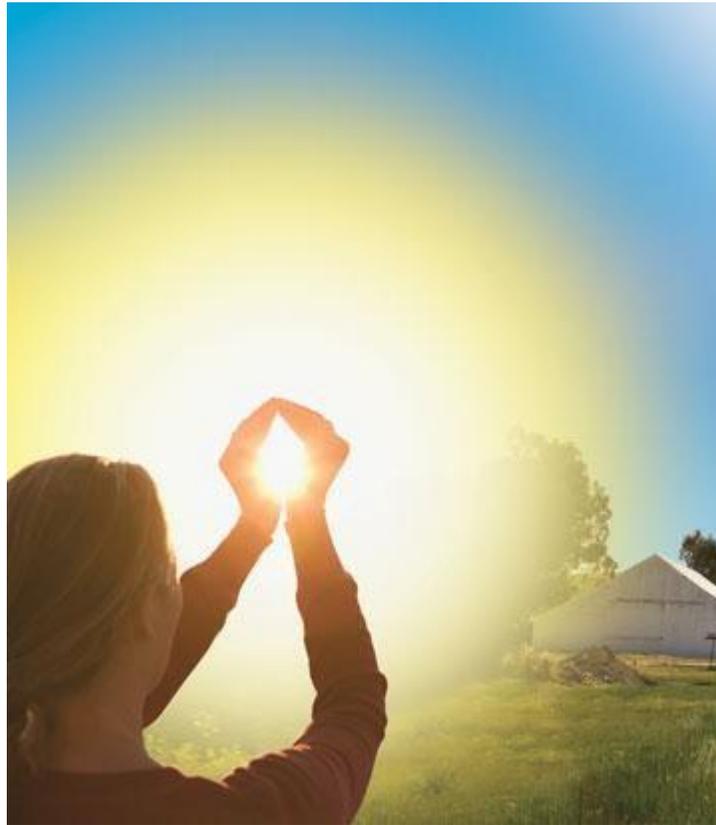
The following are some affirmations that can be used to help build the self-belief within the individual:

Taking charge of the situation with confidence even if the individual does not feel particularly confident at the time is one way of creating self belief from within and for all others to witness. Taking control is the one way to assert the confidence needed to trigger the self-belief mindset into action.

Acknowledging respect for one's self is also a step in the right direction for affirmation that builds self-belief. If the individual has a high level of respect for himself or herself, then decisions made will reflect this respect and accordingly help the individual deal with situations as they arise.

Being comfortable with one's image and capabilities is also a form of affirmation that cannot be taught but can be encouraged. Encouraging the individual to be comfortable and explore simply based on the apparent capabilities even if they seem rather limited, will further enhance the notion of confidence from within. This style of affirmation usually helps the individual push boundaries which if consistently encouraged can bring forth phenomenal results.

Doing things that create good vibes and feeling also helps in the affirmation exercise, as a person who is active is generally also happy and content. The deserving feeling is what contributes to the overall enjoyment of doing pleasurable and satisfying things. This indulgence creates the positive affirmation that leaves the individual feeling more confident and privileged.



# Chapter 5:

## *How Creative Visualization Shapes Your Self-belief*

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### Synopsis

The mind is a very important tool that should be used as the ultimate platform for shaping heightened self-belief elements. If the mind is taught to believe in the capabilities on the individual, then there is nothing that the individual will shrink from trying, if nothing else, but just for the experience.



## **Visualizing**

A healthy imagination can help the individual boost the confidence level that would be needed to accomplish the tasks put forth. If a person can imagine success, then it becomes even more possible to achieve it. In any activity, creation or exercise some level of imagination is required in order for end picture or outcome to dictate the goal.

Therefore if the individual is able to visualize this end goal, working towards something that is very dominantly feature in the mind's eye would not present as overwhelming challenge as may be first perceived.

As the subconscious mind is indifferent to either failure or success, it would be up to the mind to visualize and implement various stages of participation on the part of the individual to see any particular visualized project to its successful end.

Creative visualization also help the individual become more explanatory in the quest to make the best of the circumstances presented. Such an effort would almost always yield phenomenon results. This creative visualization will also allow the individual to incorporate elements and take risks that would otherwise not be considered at all.

The general idea behind this is that, if the mind can visualize it then the body can be easily made to follow through, thus in the long run

the level of self-belief will also be elevated and provide the necessary confidence to venture even further.

Being able to incorporate creative visualization in the scenario, can also sometimes act as a good hypnosis tool. This will then allow the self-belief within the individual to be inflated, so that the idea can be carried out with confidence.



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