

# UNSHAKEABLE CONFIDENCE

Secrets To Outliving Your Most  
Authentic Self



THE  
SKILLS FOR LIFE ACADEMY  
HEALTH-WEALTH-MINDSET

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# INTRODUCTION



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## INTRODUCTION

- Have you been thinking of ways to grow your confidence?
- Do you feel that fear has taken over a huge part of your life and is holding you back from living your true purpose?
- Do you want to shake all that fear and have unstoppable confidence that will leave people in awe of you?

**Well, this book is designed just for you!**

## What Comes To Mind When You Think Of Confidence?

*“Happiness is when what you think, what you say, and what you do are in harmony.” – Mahatma Gandhi*

This is exactly what I think serves as a recipe for confidence. If you are going to live a fulfilled life, then you must have the confidence to go after the things that make you happy. In other words, you have to demonstrate confidence in yourself; abilities, personality, and intellect.

**So, what is confidence?**

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# CHAPTER 1

## THREE PILLARS OF UNSHAKEABLE CONFIDENCE



## CHAPTER 1: THREE PILLARS OF UNSHAKEABLE CONFIDENCE

### **Pillar 1: Experiential Confidence**

When I was a teenager, one thing that scared me the most was chatting up women, especially strangers. Making the initial approach felt impossible and made me feel like I had completely lost strength in my feet. It simply made me shut down!

Now, two decades later, I can't wrap my head around what it is that I was so afraid of.

I have the confidence to do pretty much anything I put my mind to. It is just like learning to drive on the highway for the first time. At first, it was scary, but with time, you adjust, and your body learns that it does not kill you.

**One thing that you have to appreciate is all the things that did not work out in your life because they allowed you to learn.**



## Pillar 2: Emotional Confidence

This simply refers to the kind of confidence that you can turn on at will.

- ✓ Prepare myself mentally.
- ✓ Tapping into my emotional confidence by learning the tips and tricks of controlling my body language so that I do not send out the wrong message.
- ✓ Rehearse every statement I was going to say, and how I would do it, with a firm handshake, smiling face, and shoulders high.

It is important to note that, emotional confidence serves a great purpose.

The only problem, in this case, is that **having emotional confidence is not automatic**. You have to tap into your inner self to turn it on.

### **Pillar 3: Self-Esteem**

This is the deepest level of confidence and is the true definition of unshakeable confidence!

We often think to ourselves...

- What if others hate me?
- What if I gave the presentation and they ignore me?
- What would people think of me? These are all self-defeating questions.

**These are all self-defeating questions.**

Having high self-esteem simply means that you have the ultimate level of confidence because in such a case, your identity is not broken.

**The moment you stop feeling like your identity is at stake, is when you are truly confident.**

**Some of these include:**

You trying your best, fully expressing yourself, taking responsibility for your happiness, and always purposing to do what is right rather than taking the easy way out.

**What others think don't matter.**

There's a saying which goes: **familiarity breeds comfort.**

**It is critical that you take control of your emotions.**

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# CHAPTER 2

IMPORTANCE OF HAVING CONFIDENCE IN LIFE



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## CHAPTER 2: IMPORTANCE OF HAVING CONFIDENCE IN LIFE

### Reduce Fear and Anxiety

- The greatest enemy of progress is fear.
  - Have you ever experienced low self-confidence in the past? Are you still struggling with low self-confidence?
- When rumination is occurring too frequently, this is linked to anxiety and even in extreme cases; depression.

### Achieve Greater Motivation

- Building confidence is not something that you can achieve overnight.
- You may be wondering what your grades or success on weight loss has to do with being confident.
- The good thing is that even in the wake of these thoughts, the self-assurance within you will render these thoughts paralyzed rather than the other way round.

## Increase Resilience

- When you have confidence, you are well equipped to cope with anything that happens in your life.
- Confidence will allow you to push yourself to try new techniques, approaches, and means to make your dreams a reality.
- Studies have shown that ironically, **when you are willing to fail, you will become more successful.**

## Improve Relationships

- This may sound a little counterintuitive.
- Confidence wipes out the feeling that you need to make a lasting impression on people.
- Studies have also shown that **having unshakeable confidence breeds empathy.**

## **Experience A Stronger Sense Of Your Authenticity**

- It is only confidence that can unleash your full potential.
- In other words, unshakeable confidence is what helps align your actions with your values, principles, and standards.

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# CHAPTER 3

THE SECRET LANGUAGE OF ROCK-SOLID CONFIDENT PEOPLE



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## CHAPTER 3: THE SECRET LANGUAGE OF ROCK-SOLID CONFIDENT PEOPLE

**Here are the 3 most powerful secrets of Rock-Solid Confident People:**

**→ They Manage Their Minds At Every Moment**

- People who have rock-solid confidence know how to manage their minds at every moment.
- The beauty of our mindset is that we can easily choose to shift it at any time towards the direction we choose.
- Wow! Anyone in their right minds will feel ambushed, angry, and anxious being put in such situation.
- One thing that is important to note is that when a new, unexpected situation arises, you have to accept that you will feel frustrated, challenged and stressed out.

Simply ask yourself whether there is anything at all that will get you in the right frame of mind. Think of your brain like Google, which anything you ask will be answered.

→ **They Start A "Dream factory."**

- If you are going to have confidence in life, the key to have a sense of direction in which your life is growth.
- You should get up each morning and read this paper about your dream life and take a few minutes to visualize it.

→ **They Intentionally Stop Giving A Hoot About What Others Think Of Them**

- If you desire rock-solid confidence, you have to come to terms with the fact that people will always judge.
- Healthy competition isn't bad!
- Do the right thing and give it your best, and then go ahead and be proud of the person you are.
- Having rock-solid confidence is not an easy task.

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# CHAPTER 4

## STEPS TO BUILDING AN UNSHAKEABLE CONFIDENCE



## CHAPTER 4: STEPS TO BUILDING AN UNSHAKEABLE CONFIDENCE

### Step 1: Step Out Of Your Comfort Zone

- If you are going to have unshakeable confidence, you have to be willing to step out of your comfort zone so that you can do things out of the ordinary.
- It may be intimidating to make the first approach into the unknown, risking being embarrassed by failures.
- What is the worst that can happen?
- **The secret to having unshakeable confidence starts with you!**
- Let us go back to the example we just talked about earlier. So, you have a business idea or strategy that you would like to share with your boss but haven't gotten the courage to do it.
- You have to appreciate that when you set micro-goals, it allows you to step out of your comfort zone.

### Step 3: Know Your Worth

- Did you know that people with unshakeable confidence are often very decisive?
- But how can you define what you want?
- Means Values
- Ends Values
- The means value is the things that you think you desire for you to finally get the end values.
- Some of the questions that might help you put things into perspective include;
  - What are some of the things that matter most in your life?
  - Are there things that you do not care about in your life?
  - If you were to make a tough decision, what are some of the values that you will stand by and what are those that you will disregard?
  - If you have or had kids, what are some of the values you will instill in them?

### Step 3: Be Ready To Embrace Change

- Have you ever found yourself obsessing about the future or the past?
- According to research conducted by Carol Dweck, it is clear that children do well at school once they adopt a growth mindset.
- What you should do to embrace all that you are is stopping self-judgment.
- For you to develop a strong sense of confidence, it is important that you start by beating the habit of self-judgment and negative criticism.
- You can start by choosing at least one or two days every week when you avoid making any judgment at all.

## Step 4: Be Present

- Sounds simple, right?
- Let us imagine speaking to someone that is not listening to what you are saying.
- The reason why you feel special is that they were present at that moment.
- To be present, you have to develop a mental double-check.

**Are you thinking of dinner reservations while in a meeting? Do you think that you are not good enough?**

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# CHAPTER 5

## STICKING UP FOR YOURSELF



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## CHAPTER 5: STICKING UP FOR YOURSELF

- Most people do not know how to stand up for themselves when they are caught up in a fix.

### **Before You Can Confront, Be Certain Of What You Want**

- This is the very first step; knowing what you want.

### **Have Clarity On Your Response & Understand The ‘Truth’**

- One thing that you have to note here is that how you respond is derived from your own filter, experience and understand the fact that the others have the right to hold a different opinion.

### **Release Any Attachment**

- We have discussed previously that it is important that you know what you want, why you want it and how you perceive other people's expectations.

## Write It Out Before You Talk

- This is as simple as it is.
- *“The truth doesn’t attack.” –Danielle LaPorte*

## Create Some Time To Have A Talk

- Well, there is always that desire to put someone in their rightful place, something that works perfectly well in movies.

## Stop Talking

- This is probably something that many consider a sign of weakness.
- With **unshakeable confidence**, you realize that your time is far too precious to waste on people who have no respect for themselves and others.

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# CHAPTER 6

## HOW TO BOUNCE BACK FROM FAILURE



## CHAPTER 6: HOW TO BOUNCE FROM FAILURE

### **Accept Failure**

- Even though failure is truly unpleasant, you have to understand that it is an opportunity to learn.
- From every failure, ask yourself what can you learn from it, and what will you do differently next time.

### **Allow Your Employees To Fail**

- Failure does not always happen to a selected few.
- Allow your employees to take responsibility for their actions and give them time to rectify their mistakes.

### **Quickly Apologize**

- When you face a problem, it is important that you quickly solve it.

## **Address Your Failures**

- If there is anyone that is going to take care of mistakes and failures, it is you.

## **Move On**

- Life goes on despite failures.
- Did you know that being consumed by failures deactivate the brain's motivational centers?

## **Tips To Achieving Your Micro-Goals**

- Write Them Down
- Be Specific
- Track Your Goals Regularly
- Visualize

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# CHAPTER 7

ACTIONABLE TIPS & EXERCISES TO CONSOLIDATE YOUR CONFIDENCE



## CHAPTER 7: ACTIONABLE TIPS & EXERCISES TO CONSOLIDATE YOUR CONFIDENCE

### **Grow Your Knowledge**

- The very first step to growing your confidence is ensuring that you gain knowledge both in your personal and professional endeavors.

### **Experience And Celebrate Small Victories**

- Unshakeable confidence comes from the ability to experience and celebrate small victories and successes.
- The reward does not have to be big.

### **Exercise Passionate Faith**

- One of the qualities I admire about confident people is that they have faith in a supreme being.

## **Enable A Firm Resolve**

- It is natural that you will face setbacks and disappointments along the way.
- When you express faith in your abilities, you will get past discouragements and gain a firm resolve.
- With time, you will see your talents grow into abilities.

## **Enlist Expert Help**

- Identify areas where you have gaps in knowledge and would like to fill them up.
- If you want unshakeable confidence, then you have to attract confidence.

## **Visualize Confidence**

- When you can see yourself as someone confident, then confidence will become a trait that is easy and natural to manifest in real life
- Imagine how that would make you feel and act as though you already have that confidence.



## **Expect To Be Confident**

- Did you know that expectations are faith in actions?
- Like we have already said, confidence is not something that happens overnight.

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# CHAPTER 8

RECONNECT WITH FRIENDS TO BUILD YOUR SELF-CONFIDENCE



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## CHAPTER 8: RECONNECT WITH FRIENDS TO BUILD YOUR SELF-CONFIDENCE

- You may be thinking, what do friends have to do with self-confidence?
- Just like any other person, when I am not sure of these things, I turn to my friends for a second opinion.

**These are some of the ways reconnecting with friends helps build up our confidence:**

### **They Cheer For Your Success**

- If there is someone that you call when you have good news to share, it is your friend.

### **They Model New Ways Of Being**

- No man is perfect, so the saying goes.

### **They Support Our Efforts To Grow**

- Did you know that sometimes the only thing that stands between you and your success is your mindset?

### **They Wipe Our Tears Away**

- In this journey called life, there will always be bumps along the road.

### **They Teach Us The Value Of Teamwork**

- Confidence is not just about working alone.
- The truth is, the very best parts of reconnecting with friends is the fact that feelings are reciprocal.

## CONCLUSION

- Indeed, it is through unshakeable confidence that we can attain success and happiness in life.
- It is important for you to understand that confidence begins with your mindset.
- The trick is for you to be willing to set your mind towards achieving it.