



SECRETS TO OUTLIVING  
YOUR MOST AUTHENTIC SELF

CHECKLIST

UNSHAKEABLE  
CONFIDENCE

# Unshakeable Confidence

## Checklist

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? This checklist will run you through the simple tips and techniques to shake all that fear and self-judgment so that you take control of your life and live a purposeful and happy life.

# **Chapter 1**

## **Three Pillars of Unshakeable Confidence**

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

It is the type of confidence that you gain through experience. You have developed this type of confidence at some point in your life. The first step is to have the courage to act and take risks. Each time you fail, you build that confidence because you understand that failure is not permanent. 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. It is through the past failures that we have confidence today.

## **Pillar 2: Emotional Confidence**

It is important to note that, emotional confidence serves a great purpose especially when you are caught in a situation that you already anticipate; for instance, a presentation, a difficult conversation with your superiors or parents, a performance, etc. Unlike experiential confidence, emotional confidence is not limited to just a single domain. 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! The moment you stop feeling like your identity is at stake, is when you are truly confident. If you live up to your standards, there is no rejection, weirdness, or public humiliation that can upset you. So what are the steps that we need to take in order to live with high standards and peerless confidence? 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.

## **Chapter 2**

# **Importance of Having Confidence In Life**

### **Reduce Fear and Anxiety**

The greatest enemy of progress is fear. However, one thing that you have to understand is that building your confidence plays a very significant role in offering a calming effect. It simply quiets the voice inside you that tries to convince you that you cannot do it. It is through the confidence that you can effectively unhook from your thoughts and act by your standards and values.

### **Achieve Greater Motivation**

Building confidence is not something that you can achieve overnight. It is a continuous process that needs lots of small steps which leave a strong sense of lasting accomplishment. Well, it is



more like learning a new language, or being on a weight loss program, or even overcoming an obstacle. Think of it a mastering a new skill.

## **Increase Resilience**

When you have confidence, you are well equipped to cope with anything that happens in your life. Even when faced with harsh setbacks and failures, you simply hold your head up, and shoulders pushed back, and you give it another try. Trust me, even the most confident people in the world fail. So, this does not mean that when you have self-confidence, you will never fail. It simply means that you will not stay down, beat yourself up, or become crippled by them. You will brace yourself and rise to the challenge of giving it another try.

## **Improve Relationships**

This may sound a little counterintuitive. However, one thing that I have learned over the years is that the more confidence you

cultivate, the less self-centered you become. Imagine yourself walking into a room full of people, when everyone is paying attention to the speaker, and then there you come in to take a seat.

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

It is only confidence that can unleash your full potential. This is when you easily accept your weaknesses and failures with the knowledge that these shortcomings do not change your true sense of self-worth. Instead, you appreciate the fact that you have strengths you can celebrate even amid all adversities and hence, are empowered to use them fully.

# 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 reason why you feel overly anxious about that job interview or presentation or performance is because you can't manage your mindset well to handle the tasks.



## **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. Just a simple question such as, "What would you like your life to be like?" is enough to help you put things into perspective. Determine what your dream lifestyle is like and how do you measure your own level of success. Then write all your responses on a piece of paper.

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# **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. You have to stir up that urge burning within you to be extraordinary.

### **Step 2: Know Your Worth**

The very first step is for you to define your values. According to Tony Robbins, an author, there are two major distinct values; end values and means values. These two types of values are linked to the emotional state you desire; happiness, sense of security, and fulfillment among others.

### **Step 3: Be Ready To Embrace Change**

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. Yes, this is something that can be difficult at first, but when you start to practice it, you realize how retrogressive that was.

### **Step 4: Be Present**

Are you thinking of dinner reservations while in a meeting? Do you think that you are not good enough? To call yourself out of these negative thoughts means that you mentally check in on yourself every often. Once you have the answer to your question, take in a deep breath and bring back your focus on your most important things.

# 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. There are people out there who will always be waiting for your downfall and crushing your confidence if you do not know how to stick up for what you believe in. If you want to live a life with unshakeable confidence, start by learning how to stand up for yourself.

- Before You Can Confront, Be Certain Of What You Want
- Have Clarity On Your Response & Understand The ‘Truth’
- Release Any Attachment
- Write It Out Before You Talk
- Create Some Time To Have A Talk
- Stop Talking

## **Chapter 6**

# **How To Bounce Back From Failure: Strategies Successful People Use**

### **Accept Failure**

Even though failure is truly unpleasant, you have to understand that it is an opportunity to learn. When you are trying to create something, you need to accept the fact that things will never be perfect, and that is why failures are bound to happen from time to time. From every failure, ask yourself what can you learn from it, and what will you do differently next time.

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

Allow your employees to take responsibility for their actions and give them time to rectify their mistakes. When you lead people through failure, your focus should be making sure that they

learnt their lesson and fall forward, not backward. If they fail to learn from past mistakes and repeat them over and over again, you can then consider firing them.

## **Address Your Failures**

If there is anyone that is going to take care of mistakes and failures, it is you. If you are the one responsible for the mess, then you should be ready to clean it. Just do your best to keep the damage under control. If there are collateral damages in the process, the best thing to do is apologize as fast as you can to restore mutual trust.

## **Move On**

Life goes on despite failures. When you fall, it is important that you do not stay down but rather pick yourself up, dust yourself and keep moving. The secret is for you to try again and again until you achieve your goals. With every failure comes a lesson, and the better you become in handling the same situation. With more competence, you have more confidence.

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

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



# **Chapter 7**

## **Actionable Tips To Exercises And 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. There is always that area that you feel you are limited in knowledge and understanding

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

The reward does not have to be big. Even a simple pat on the back or just a simple compliment from a colleague is adequate to boost your level of confidence. Therefore, ensure that you keep track of each small achievement and allow yourself to fully experience it. This way, you will start to feel your confidence growing every single day.

## **Exercise Passionate Faith**

One of the qualities I admire about confident people is that they have faith in a supreme being. They believe that the creator of the universe has a purpose for every living soul. In other words, the reason why we are on earth at this time is to discover and fulfill our higher purpose.

## **Enable A Firm Resolve**

In this life, it is natural that you will face setbacks and disappointments along the way. It is, therefore, natural to feel angry and discouraged. However, it is important that you view these setbacks as an opportunity for learning. Start seeing your setbacks as a set up for something bigger yet to happen in your future.

## **Enlist Expert Help**

Identify areas where you have gaps in knowledge and would like to fill them up. Once you do that, enlist help for professionals that will help you gain more knowledge and experience. Knowing

that you have experts' guidance, you will also be more confident when taking action and making decisions.

## **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. You start to experience it firsthand. Take a minute to imagine yourself having the confidence that you need in a certain situation.

## **Expect To Be Confident**

Did you know that expectations are faith in actions? At this point, you have already envisioned yourself being confident and how that would make you feel. When you are confident, you will talk, act, and move assuredly and with so much zeal as you pursue your goals. This is when you know that you have the sight, emotions, and actions of a confident person. In other words, you will be better positioned to achieve above and beyond your

expectations. When you expect to be confident, it becomes a reality.

# **Chapter 8**

## **Reconnect With Friends To Build Your Self-Confidence**

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

- They Cheer For Your Success
- They Model New Ways Of Being
- They Support Our Efforts To Grow
- They Wipe Our Tears Away
- They Teach Us The Value Of Teamwork