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Introduction

“Optimism is the faith that leads to achievement.

Nothing can be done without HOPE. “Helen Keller”

Do you hold yourself back from pursuing your dreams because you lack confidence and belief in your abilities to make it happen?

Are you following a path determined by others, or wandering aimlessly, because this lack of confidence is preventing you from taking charge of your own destiny?

If so, you're not alone.

It took me several decades to build the confidence and finally following my dreams. My teen years were very lonely, and I knew no one was going to help me. So each day I just made decisions for myself and doing things for myself that eventually helped me build the confidence to follow my dream of living a life of purpose and help people transform their lives so they could live their dreams too.

I have faced many challenges in my life which sometimes were very tough to go through. This led me to feeling of fearful at times. Often angry about my life circumstances and not having any support.

I am a South African Indian and I grew up during apartheid. My parents were part of the struggle to free all South Africans. Being Indian they felt the best education for me was to go to India to get

my degree. Now in their minds they were making the best decision they knew how for me, so I would get a good education.

But as a young man at the age of 16 in a foreign country, I felt unsupported and I had to fend for myself. I had to find my own accommodation , get through school, get through matriculation for University, get through admissions, go thorough University studies, sit my exams, deal with everything that goes with growing up to me a man, all on my own.

I would have moments of great anxiety. I even got depressed. This all weighed on my self-esteem and confidence levels. I had to take actions to overcome these challenges on my own. I became my own coach and through being positive I became more and more confident, got my degree and ended up in senior managerial role in a multi-national company. I was also a business owner and director of a retail shop for over twelve years.

Having gained several successes by learning to stand on my own two feet and take charge of my own destiny, I then began to feel like there was a Higher Purpose for my life. So I pursued a second career in life coaching. While going through my certification, I realised my passion and higher purpose in life is to assist people with their goals and dreams. Motivating them, inspiring them, empowering them and help them build confidence in them I started my own coaching and mentoring business.

I have been coaching in various different capacities for seven years now. I started to meet many new small and medium size business owners who were battling with doubt, fear, anxiety and lack of confidence to follow their dreams. Which is why I decided to write this book, for those business owners who are face

challenges, knowing they have dreams, but lack the confidence to really go for it and leave a great legacy behind.

Chapter 1: You want to achieve your goals and dreams but lack confidence in yourself

“Go confidently in the direction of your dreams and live life you have imagined.” Henry David Thoreau

Most people today are struggling with the concern that how they are doing their lives is not really in sync with living their life's purpose. But what are the basics of living on purpose with total confidence? How will you be able to live a life that is aligned with your calling, authentic and put into action your purpose every single day?

Due to lack of confidence you are not able to achieve your dreams and goals. Have you ever had the desire to do something or approach someone but you didn't because you held yourself back?

We have all had that experience at some stage in our life. We hold ourselves back too often because deep down we don't really believe in ourselves. And because of not believing in ourselves it leads to doubt, fear, anger, anxiety, frustration and this ultimately culminates into having low self-esteem and lack of confidence in ourselves.

Even if we had success in the past, that doesn't mean we are going to have confidence when we head in a new or bigger goals. Confidence is the belief in yourself, enough that it leads you to take action. Once you have the confidence you will be able to achieve what you have chosen to choose to have in your life.

You must have positive thoughts as thoughts are powerful to create your reality. You have to change your mind set and clear mind of your negative limiting beliefs and thoughts so that you can move onto a freer and lead a happier life of your choice free from stress.

One of the reasons why we lack confidence is because of our negative thoughts and limiting beliefs. Negative thoughts creates negative energy and this blocks becomes a blockage to the positive energy .Therefore always bring in positive thoughts and energy.

If you don't deal with limiting beliefs that hold you back, you will always struggle to move forward.

Take a Step Forward

Commit yourself to your brand new path of living on purpose with confidence today and step forward as you create a plan on how to you further develop yourself to become better tomorrow.

Go for Clarity

Living the life you desire requires you to be clear about your own personality. You need to know what values you uphold and identify your passions, strengths and weaknesses, all of which should be aligned as you claim your life's purpose together with

the intention of serving greater good and meeting humanity's needs.

Being Aware

First, you have to be aware that “what is” is not necessarily the genuine expression of your creative, powerful and true self. You have to begin acknowledging the difference of being mindful of how you live in today, the present moment, and how you constantly project your personal desires in the future which have chances of not turning out real.

Be Committed

Show your commitment on working on this present path, made more interesting by the unconscious impulses and discover what it really takes to conquer reactivity. Learn to live intentionally and start expressing the real you. To find a new direction, you need to search for proper guidance and gain support for new learning for it is only through this that you will get to discover the authenticity of your life.

Where there is no action it leads to doubt and fear. By taking action in the right direction it breeds courage and confidence.

Chapter 2: Inner conflict and figuring out what you want

You have inner conflict when you need to make a major decision or to achieve something. As there are two major parts or programs in our subconscious mind; the one part says, yes you can do it while the other part says no you cannot do it, which always stops us from achieving things and it is this conflict which creates doubt, fear, anger, anxiety and a feeling of that “I am not good enough”.

Emotional experiences throughout life, especially during the early years of our lives can result in the creation of these parts at the unconscious mind and these parts generate their own beliefs and values and are responsible for certain behaviours. Overwhelming feelings, reactions and out of control behaviours are a result of these conflicting parts.

The NLP (Neuro Linguistic Programme) parts integration technique creates harmony between the parts in conflict of the sub conscious mind. A person with integrated parts are more congruent, empowered and are clear in their actions and decisions which then leads towards becoming more Confident.

What You Want.....

In reality, most people want all the best things in life, but more often than not, they fail to do much for them to get started with their life's actual journey. Simply put, many people are stuck behind their lives' wheels, unmoving, and worse, there are some who just sit comfortably in the back seat as they let another person navigate their own lives.

You are the one who makes your own life, not anybody else, and for you to determine what it will look like in the future, you should start with today, because it is in the present that you would really be able to set what your life would be like in the future.

Building Confidence That Will Drive You into Action

Confidence is the primary ingredient that is bound to drive you into full-swing action. You will discover that when you have gained more confidence to help you reach your bold goals, you will also be able to set aside all your vulnerabilities and fears. With more conviction intact, you will soon discover more strategies that can fill in the gaps in your confidence which kept you into being a passenger right inside the vehicle of your life.

In my experience of using various mind power techniques and methods, one can say positive affirmations daily for example, "I am confident; I believe in myself; I achieve all my goals etc. Another powerful method is a vision board where you can cut out pictures and paste them on a board and put it in a place where you can see it every day of the things you choose to have in your life. You can also save the pictures on your laptop and your mobile phone.

Chapter 3: You have dreams but you're struggling to achieve your dreams and goals

Yes life is not easy for anyone of us but you must have the resilience, perseverance, passion, goals and above all "Self Confidence".

You need to have clarity in what's your life's purpose is and based on that you start shaping your goals. Your goals must be aligned with your life purpose in mind. Elicit your negative limiting beliefs and start installing positive beliefs and thoughts which will propel you in the direction of achieving what you choose to have confidently.

Everyone has a unique quality which needs to be brought out. Happiness is a choice not a result. Nothing will make you happy until you choose to be happy. Success is a vehicle which moves on a wheel named hard work but the journey is impossible with the fuel named "SELF CONFIDENCE".

Now that you have your life all figured out, the next thing that you need to do is set your goals and learn how you should stick to them. Most people, when setting their goals, imagine a simple and straight path towards their destination.

However, reality is that the path to reaching your goals is hardly ever linear and clear. This path has lots of obstacles and expecting to find a linear and straight path will surely derail you even before you start. On the contrary, anticipating obstacles will help you in conquering them more easily than what you have expected.

Forget Your Doubts

Although doubt can sometimes has its good side as it will make you think twice prior to continuing the thing that you do, you need to remember that the right place and time for doubts is during planning stages only.

Once you are in the middle of taking action, doubts no longer have their place. Choose one path and make sure that you follow through it until you reached success or that predetermined evaluation point.

Put Aside Resources for Them Not to Run Out

The most common excuses that people have when they fail to do something that they should be doing include lack of energy, lack of time, and of course, lack of money. Create a schedule, do the things that are more important first, or set aside some funds.

Stay Right on Track by Reaffirming Habits

To reach and stick to your goals, your habits play a crucial role. It is true that the easiest means of accomplishing something which requires effort for a certain time period is through creating behavioural routines as you reach all your goals.

Conclusion

“In-Action breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear do not sit home and think about it. Go out and get busy”

~Dale Carnegie

No one else steers the wheel of your life. At the end of the day, you are the captain of your own journey. You are the one who makes the decisions, not other people. It is you who decides which road to take, which path you should follow. It is you who creates your life.

To know the purpose of your life is wonderful, for it is true this knowledge that you actually get the inspiration that you need to pursue the kind of life that you want for yourself. You start with figuring out what you want your life to look like. Once you have envisioned that life, you then proceed to making your goals. And it is not enough that you only make goals. You need to stick to them. You need to be more positive and nurse only positive emotions and thoughts for any negativity will surely stop you in your track, probably even before you start.

Removing limiting beliefs is often more important than any business activity you do in a day, because the bottom line is that if your beliefs don't match your actions, you will not get the best results. Preparedness is the ultimate Confidence Builder.

The freedom that comes from living the life of your dreams, goals and to leave a great legacy behind, is by living life from a place of unshakable HOPE and CONFIDENCE.

Show gratitude, meditate, and pray daily .Say your positive affirmations and see your vision board daily .Empower yourself with new empowering positive beliefs, thoughts and self-image. There are no failures in life only feedback from which you take new learnings and take on the next challenge.

Take action by taking small steps daily towards your dreams and goals. Once you succeed in the small steps move towards the next one and so on which will give you the confidence to achieve what you choose to have.

In my coaching experience as a Master Life Coach, Mind Power Graduate and NLP practitioner, I notice that once people get clarity of their life's purpose, dreams and goals; remove their negative limiting beliefs, they become more confident to tackle life's challenges and overcome them successfully. There is so much one can do to improve your situation.

Build your **Confidence** now so you can live happy, abundantly and achieve all your dreams and goals.

If you want to achieve things but lack confidence in yourself; or You have an inner conflict that says "I can do this, but my evil twin says I can't do this"; or You're feeling shattered because your personal life is in tatters and It's affecting your business; or you just have dreams but you're struggling to achieve them, then I invite you to have a chat with me.

Book a 30 minute complimentary Discovery Strategy Session with me where we look at what challenges you are facing, how I can assist and show you the benefits of coaching and mentoring.

Fill in the contact form at the link below.

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