

# YOUR SELF MIRACLE

## SESSION 6

### Be As Confident As You Want To Be



Brought to you by

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## **Be As Confident As You Want To Be**

Welcome to this important session on building your confidence to super hero level.

Before we start, how are you doing with your daily actions? I will warn you now, I want to see evidence that you have made progress and I am going to ask you to describe to me at the end of this session what you have done to achieve your desires. “Hey Sledge you are just a tyrant”. You’d better believe it.

The reason I am asking you to do this is that you can often get too carried away listening to my dulcet tones and just doing enough to get the next recording without putting what you learn into practice. What’s the point of that? I can tell you absolutely none! Don’t worry, I only want a brief summary from you and I will explain more later on. Ok let’s concentrate on making you a super confident power house with this session.

Now this may shock you but I was very shy and timid when I was younger. “What YOU Sledge – you gotta be kidding me right” no I’m not kidding you. Up until my mid to late twenties I was a shy boy. I had major issues with meeting girls, making friends, progressing with my career and other big things in my life. One day at work they told us that we would have to go on a training course to improve our communication skills. I was petrified at the thought of this and the fear grew even stronger within me once I read the course syllabus – the last objective was giving a presentation. What speaking in front of people? Get me out of here! That was then. Now I am confident speaking in front of hundreds of people and I enjoy it immensely. So how did I make the swing from this epitome of timidity, to wanting to speak to the world?

The answer is I met my FEAR head on. Dale Carnegie said that every time you act on a fear you strengthen it. If you accept this fear it will strengthen your lower self and can paralyze you. Most people have had this feeling when trying to approach someone of the opposite sex. If you haven’t and you do this with confidence then you are to be admired. But I am sure there are other areas of your life where you are not totally confident and the techniques in this session will help you to be confident in all situations.

Do you remember my story about learning to swim? I wasn’t confident in the water but I turned it around by thinking “hey if all these other people can do it so can I”. What I really did was tackle my fear head on and hey presto I learnt to swim. I did the same with my fear of presenting to people. I knew that other people could do this and I added extra spice to this – I visualized and felt the joy and satisfaction of receiving a standing ovation for my presentation. This changed my outlook on giving presentations completely and made me feel excited about presenting. This gave me the motivation to be a good speaker, so I read everything I could about performing a professional presentation and the rest is history. It was literally as simple as that. Since then I have performed hundreds of presentations in my life to small and large audiences and thoroughly enjoyed them all.

But there is something else I did in those days which I believe marked the beginning of overcoming my shyness – the foundation if you like – and that was I learnt to respect myself. Please ask yourself an honest question (remember to use your first name) “do I really respect myself”. Now you may have read in other self development manuals the term “learn to love yourself”. The word love tends to conjure up different connotations with different people, I am not asking you to have a passionate affair with yourself – if that gets your juices flowing then go for it but it’s really not necessary to ask yourself out on a date. That’s why I prefer respect as everybody understands that. Ok what kind of answer did you get? If it was in anyway negative then we have to work on your self respect.

You may have heard the statement before that “if you don’t love yourself then you will not attract love from others”. This is one of the first things that I learnt about self development many years ago and it changed my life. It will change yours too. As you already know, everything revolves around your higher and lower self. If you have deep respect for yourself then your higher self will prevail. If you have negative or even neutral feelings about yourself then this will fuel your lower self. So how do you build this deep respect for yourself?

Well this is a simple three stage process:

1. The first is to tell yourself that you are great
2. The second is to tell yourself you can do anything and
3. The third is to stop criticizing yourself

Look it’s just a matter of sending the right messages to your sub conscious as always. You already know this is the key to your success – hit your sub conscious with many positive messages and neutralize all the negative messages and you will get what you want.

Let me give you an example. I have spent most of my life in the computer and telecommunications industry. And of course I know a lot about this industry – “oh Sledge big head eh?” Yeah! But if I was looking for a job and someone offered me a position as a senior executive in the cosmetics industry, and all the job conditions were right, would I take it? Yeah no problem. What do I know about the cosmetics industry? Absolutely Jack, zero, zilch, nothing. But how can you take this job then? Because I have supreme confidence! I have a strong belief that I can manage anything, in any industry. Sure I would have to learn about the business but this wouldn’t take me long. Could I become a brain surgeon overnight – no. But if I wanted to do the years of training required to do this then I could do that too. How is this possible? Because I believe that if someone else can do it so can I. There is absolutely no reason that you can’t have the same beliefs. Just reinforce this in your sub conscious by telling yourself “if they can do it so can I”.

Tell yourself as often as possible “I am a great person and I can do anything”. If you get any negative thoughts just neutralize them with “You are wrong, I am a great person and can do anything”.

To further strengthen your self respect, recall something from your memory which you did really well. Don't even think about telling me that you can't remember anything – everyone has done at least one thing really well. Perhaps it was helping someone or passing a tough exam or learning to drive or excelling in some sporting activity or doing something challenging at work. Now once you recall this think about how you felt afterwards. Was it deeply satisfying; were you elated or very proud of yourself? Whatever the emotion was feel it now and make it strong. You can conjure up these emotions in your body just by having these kinds of recalls. This is very powerful and we will use it later on to give you instant confidence. Yes I said instant.

Something people do continuously is criticize and berate themselves. You know the situation, you make a mistake or say something stupid and then you will either speak out or think to yourself “you idiot” or probably much worse. This may seem a natural and quite innocent thing to do but every time you do it you damage your self respect. Like every negative thought or action, neutralize it with a positive one. Just don't agree with yourself.

Building total respect for yourself will take a little time but it is certainly not difficult and essential for you to have unshakable self confidence.

Now let's concentrate on your body. Ooh nice. Let me ask you another question – “when you walk into a room full of strangers how do you walk?” Do you walk tall with your head high, full of confidence? Or are you stooped with your head down, feeling nervous and apprehensive. When I am meeting new people or facing a difficult situation I always walk with a confident strut, with controlled breathing ready for anything. Can you do that? Of course you can. Try it now – come on stand up and take a deep breath and exhale slowly.

Ok let's have a little fun. Imagine that you are about to make an entrance to receive the award for best actor or actress in a major Hollywood movie. Go up to that stage with the widest smile you can muster. Now look around you, everyone is cheering and calling your name - what an entrance you made. Feel how great this is. Ok relax, did that feel good – if you did as I said I know it would have felt great. Now you can turn on this kind of confidence whenever you want it, just by conjuring up the same kind of feelings.

When you feel this good about yourself you will attract people and opportunities like a magnet. It works, you just can't stop it. Everybody wants to be around confident people. Very few people however want to be with someone who is constantly feeling sorry for themselves and always looking for sympathy. No matter how low you feel or how tired you are you can switch on this kind of confidence.

How do you do it? Just create an anchor. “What one of those metal jobs that makes a boat stop?” Yeah of course! Next time you want to be confident go out and buy some mild steel and a hacksaw and make an anchor.

No I'm not talking about a ship's anchor but the name given to a reference point that can trigger emotions within us. Now as with everything this works both ways. It can be a negative or positive anchor.

Remember my learning to swim story? "Oh great Sledge are you going to bore me with that again?" Well I'm not going over the whole story again you will be no doubt relieved to know. But I want to use it as a reference to explain emotional anchors. Before I changed myself and overcame my fear of swimming and water, the very sight of a swimming pool or the smell of chlorine immediately manifested my fear. Now the good news is that we can use this to our advantage. We can create a trigger that promotes our higher self and fills us with powerful emotions and unstoppable confidence. And that's just what we're going to do right now.

It's best if you stand up for this – so get off your soft bits and stand up. I want you to think of a time of elation for you. Think hard about this. Maybe it was the success of passing an exam, or passing your driving test or winning at a sport or a game, or doing something special for someone or pulling off what seemed an impossible challenge at work. Come on you can think of a moment of elation. If you really can't then just make one up. Just imagine scoring the winning goal in the world cup final or just being elected president. Come on really use that imagination of yours. Once you have your chosen thought then make it really strong, fill your body with this elation. At the peak of your elation, squeeze your thumb and forefinger together. This creates your anchor.

Now any time you want to instantly recall this elation in your body, just squeeze your thumb and forefinger together as you did before. This will trigger the same thoughts and feelings of elation. If you don't get these feelings then repeat the exercise again. You must generate the strongest feelings that you can to get the most out of this. Once you have mastered this you can switch on confidence whenever you want it. You can use this anytime. You don't have to wait for the academy awards. Anytime you are feeling lethargic and don't want to start or finish your daily tasks, or approach someone or cold call someone then kick in your trigger and inspire yourself to do it. It works like magic.

It is possible that you may feel the anchor weakening sometimes. If this happens just go through the exercise again to top up the batteries. This has helped me in so many situations, especially if I wasn't looking forward to doing something like attending a difficult meeting. It changed my mood instantly and I enjoyed the meeting and got exactly what I wanted from it. Use this simple anchoring technique and it will work wonders for you too.

Another tool for your confidence armory is the ability to listen. Now this might seem a bit out of place to you in a session about confidence, but believe me it is very important. Confidence is not about being arrogant and flash it's about believing in yourself and your abilities. The ability to listen is a key skill that can easily be developed with practice. Now it might astound you to know that I am a good listener. Yes I do a fair amount of talking but NOT continuously.

There is an old English saying "empty vessels make most noise" and it's one I believe very much. You must have come across people that just talk continuously and if you really listen to what they are saying it is largely crap.

One of the greatest compliments I ever received was “when Graham talks everybody listens”. You don’t need to talk repetitively to be confident. You will gain so much more respect from people if you really listen to what they are saying. You were given two ears and one mouth for a reason.

One of the biggest fears that people have is rejection. We are gregarious by nature, and the need to be socially accepted is high on our instinctive priority list. But everybody gets rejected at some stage in their life. Be it in business, relationships, sports or just social situations. So how do you deal with it? Make it your friend. “What?” “Are you on something Sledge?” Not that I know of. Look what I’m saying is you will have to deal with rejection in your life – we all do, so make it work for you. In the world of sales it’s a pretty well known fact that it takes an average of 7 contacts to make a sale. This means 6 rejections. Build on rejections to achieve your desires! If a person says no the first time around this never means they will say no forever. Don’t take it personally. Just move on. Deal with it as you would any other negative thought – neutralize it with “so what” or “it’s your loss” or simply “next”.

Whatever it is you are trying to achieve don’t take rejection personally. When I make new business contacts I never get upset or feel down if the people I am meeting don’t accept what I am proposing. I just thank them for their time, wish them every success and say to them “I really hope we can find a way to work together in the future”. This has worked wonders for me in the past. A few have called me back in and worked out a deal with me. One company actually referred me to a customer of theirs and as a result I landed a bigger account from them than I would have from the first company. This stuff really works, you just have to believe in it and apply it.

Never be in awe of people – what do I mean? Never ever think that anyone is better than you. It doesn’t matter if they are more successful, look better, talk better, are more popular, have a nicer home, or a nicer car. All of this is total dross. They breathe like you and me, they have good and bad days like you and me. Just respect them as an equal and if it’s worth it learn from them. How do you know if it’s worth it? Well some of the world’s so called stars are not all that smart, so you need to be the judge of whether it is worth spending your time listening to them and studying them. If they walk and talk confidently then definitely study that aspect of them.

To finalize this exciting session on confidence, I want to stress again to you not to be guided by your past. If I had let my past guide me I would never be talking to you now, as my painful shyness when I was younger would have prevented me from doing this. Just learn from your past if it can help you – but don’t let it ruin your life.

I told you at the beginning of this session that I want you to show me the progress you are making with your desires. So please go to the webpage link that I sent you with this download and provide me a summary of what you have achieved so far. This doesn’t have to be a novel – in fact I would prefer it if you just gave me a summary like I gave you in the example of the creation of your self miracle. Just one liner achievements like:

- Blueprint finalized
- All necessary data gathered
- Four sessions written to schedule

You will also be given the opportunity to ask me a question. This is totally optional, but I promise you that if you ask me something I will reply to you as quickly as I can. Now you can ask me anything but please make it related to your desires or of course anything about your self miracle. Please don't tell me that your spouse doesn't understand you. I am not a relationship expert and I am convinced that nobody's spouse understands them (I'm kidding OK).

As usual, once you have completed this simple task and sent it to me then I will send you the next exciting session called "Develop Your Power G's". Intrigued? You should be as there is some really powerful stuff coming your way.

Ok what a great session. Practice the anchoring exercise until you are able to literally have the most powerful emotions available at your finger tips. And remember this:

"Believe you can do it, act like you can do it and very soon you will be doing it"

Until the next time my friend – go for it and remember....I'm watching you.

Graham Bowall

<http://www.selfmiracle.com>

I have recommended some further great resources for you on the next few pages

## *Resources*

*Here is a handpicked list of fabulous resources (some free some not) that will build on your success you achieve with Your Self Miracle. They are highly recommended:*

### **1. Stop Living Paycheck to Paycheck by Jim Donovan**

**Who else wants to earn more money, raise your standard of living, and know how to increase your income in 72 hours?**

**Are you serious about wanting to earn more money? Would you like to know simple, practical, easy to implement ideas, in plain and easy to understand language that will show you how to increase your income . . .**

**I'll teach you 9 different ways you can make more money, starting right today.**

**Proven techniques and strategies to keep more of the money you earn — legally.**

**Ways you can develop multiple sources of passive revenue that earn you money even while you're sleeping or sitting on the beach.**

**How to slash your debt, live free and become financially smarter.**

**Stop Living Paycheck to Paycheck by Jim Donovan Check It Out Here:**

<http://www.selfmiracle.com/recommends/paycheck>

### **2. "As a Man Thinketh - The Study Guide" by Buz McGuire**

Before "The Secret," there was a brilliant British philosopher who had already discovered that "thoughts become things."

"As a Man Thinketh - The Study Guide" is a brand new, modern presentation of James Allen's 100 year old classic, As a Man Thinketh.

You need this new Study Guide if...

You've never read the original.

You've read the original but had difficulty following its outdated wording.

You've read the original but haven't been able to use its wisdom to skyrocket your happiness and success.

I'm Buz McGuire of the Viral Happiness Expansion Initiative, and I guarantee that my Study Guide contains every bit of James Allen's original, life-changing philosophy presented in a way that's easier to read and understand. I've also included a complete set of study questions, so you can be sure that you're getting the information you need to make dramatic improvements in your life, as quickly as possible.

You can get “As A Man Thinketh” - The Study Guide Free Here

<http://www.viralhappiness.com/asamanstudyguideinfo.htm>

### **3. Seven Mental Laws Of Success – Pat Hicks**

If you are not sure what to do or how to get started attracting, creating and enjoying the life you want, it's time to know!

Thoughts lead to feelings, feelings lead to actions and actions create results.

Now you can know what you want, attract it and take the action to bring it about with the amazing and complete “Step by Step Action Guide” to unlocking the Seven Mental Laws of Success.

Check Out The Amazing Seven Mental Laws Of Success Here:

<http://www.sevenlawsofsuccess.com>

### **4. Creative Problem Solver Workbook and Audio Relaxation Package by Amanda Goldston**

Designed to allow you to create the answers to the day to day challenges that occur in your life.

You can use this MP3 at bedtime, so that your creative mind can work on your problems for you, while you sleep.

You can also listen to it during the day if you need some creative inspiration for a project, or you would like to create an ideal outcome to an important task or simply to pamper yourself with some chill out and de-stress time.

Check Out The Creative Problem Solver Package Here:

<http://www.selfmiracle.com/recommends/problem>

### **5. How To Be A Red Hot Persuasion Wizard by Michael Lee**

How To Easily Persuade and Influence Anyone **(Even the Most Coldhearted Person)** To Do Anything You Want, Using Persuasion Techniques So Powerful You'll Say It's Magic!

You'll Discover The Exact **Secrets, Tips, Techniques, And Strategies** To Help You Get Anything You Ever Wanted In Life And FASTER Than You Dreamed Possible!

Check Out The Amazing 20 Day Persuasion Program Here:

<http://www.selfmiracle.com/recommends/persuasion>

### **6. Success Programmer by Michael Varada**

*"How to Achieve Success in Any Area of Your Life, The Fast, Fun & Easy Way "*

Are you ready for a ***proven and easy*** way to effortlessly bring success to any area of your life?

Ready to learn **the fastest way to accomplish your goals and dreams?**

Would you like to learn **the principles of success** from some of the most successful people of all time?

Would you like to **get rid of negativity and easily keep yourself constantly motivated**, focused and driven to succeed?

Would you like to **harness the power** of your stacks of books, tapes and videos on success & self improvement and put them into action in your every day life?

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