

UNSTOPPABLE CONFIDENCE CHECKLIST

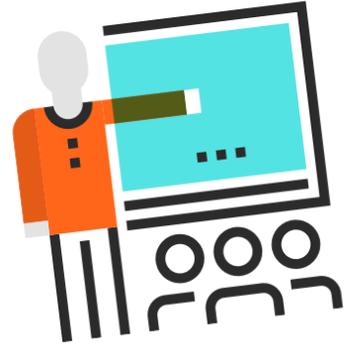


The roadblock of a lack of confidence may be the very reason you're not living your best life. Apply these 7 actions now and unlock the key to a confidence that truly can not be stopped.

-Bryan S Arnold

1 FOLLOW INSTRUCTIONS

One of the biggest confidence breakers is the failure to follow instructions. A mentor, coach or teacher always sees this with their students. The ones that follow, succeed. The ones that don't, fail. The very moment you try to take a shortcut or go with an alternative, you automatically tell your mind and body, "I can't". You're not capable or you're not confident that you can make it work. From now on, follow instructions to the letter and place yourself in an "I can" state. You'll notice the difference almost instantly. No mistake, this is the very first action on this list.



2 ACCOMPLISH SOMETHING YOU HAVEN'T ACCOMPLISHED BEFORE

There's something powerful about doing something you've never done before. It's even more powerful if you continue to act on this practice. It can no longer be said, YOU CAN'T because you JUST DID. Your confidence can't help but increase incrementally the more you do this simple action.



3 SET A YEAR LONG DAILY GOAL AND NEVER BREAK FROM IT.

Set a long term goal to do something creative everyday, preferably for an entire year. You will develop a powerful skillset and authority based on your new found experience. Most people won't tolerate doing something creative consistently for the long term. You will be different. You will have the confidence in knowing that you will do what most people won't. This will make you a true leader in your field, where others follow. Don't miss this important action.



4 DISCONNECT FROM GOALS WITH THE SOLE PURPOSE OF MAKING MONEY

Most of our goals are unfortunately tied into how much money we can obtain. This can be a huge confidence breaker as our confidence is often dictated by how much we have in the bank. Separate the money aspect at least in the beginning. Develop a marketable skillset, help others with your expertise and let money be the result of that. An easy but necessary action to apply. Hard to put into practice.



5 FIND YOUR PUSHERS

Your confidence needs time to develop. In the meantime, you need to find people who are more than happy to nudge you onto greatness. They are not hard to find. Everyone can use a gentle push when facing roadblocks or old habits that have crept back up. Find the pushers now and be grateful to have them in your life.



6 FIND YOUR APPLAUSE

You need to find people that will root you on. Supporters are essential in keeping your confidence strong. They provide constant positive feedback even if they suggest a need to improve from time to time. Find your cheerleaders and keep your confidence in tact.

7 CHANGE YOUR SEAT

You love your favorite, comfortable chair. However, it represents sameness, stagnancy and complacency. In contrast, building your confidence invokes movement. You can't stay in the same spot with the expectancy of change. So you need to physically get of that funk. MOVE from your corner. MOVE from your couch. MOVE from the back row. And sit in a new position of authority. This last action is vital. Change your seat now.

