



*How to be
confident*



“Sometimes we forget how far we have come and all that we have achieved”

Confidence is about having self-belief and can be easily learnt. It is a state of mind. Once learnt, it opens up so many new possibilities.

Increased confidence can enable all of us to do what we have always wanted to do but have been too scared to do. Once fear is replaced with confidence it becomes easy to:

- ♥ Speak in public
- ♥ Ask for a promotion or raise
- ♥ Recover from an illness or past traumas
- ♥ Find your ideal partner
- ♥ Make any business successful
- ♥ Start doing what you really want

Lack of confidence includes the small voice in our heads that says “no, I cannot”. Do you know the one I mean?

So what are some of the ways to feeling and being more confident? Here are our tried and tested 10 keys on how to feel and be more confident:

1 Celebrate the victories – big and small

Identify all the events you are proud of and even achievements that now may seem common, part of a daily routine. For example, the first time I learnt to brush my teeth or the first time I learnt to walk.

There may be more recent examples, for instance asking someone out on a date, being honest with myself, opening a door for someone else or perhaps being there for someone in their moment of need. Examples of victories include:

- ♥ Passing an exam
- ♥ Speaking the truth
- ♥ Completing a goal
- ♥ Having the courage to say goodbye to a relationship

Sometimes we forget how far we have come and all that we have achieved. Remember all that you have achieved so far, no matter how big or small. What are some of the victories you need to celebrate now?



“Spend time with people who are more confident. Notice what they do and how they do what they do.”

2 Write down your 100 amazing qualities and read them

Write down all the 100 qualities you love about yourself and then the 100 qualities others love about you. Keep these qualities close by so that you can read them often. If you find you cannot find 100, start writing down all the amazing things you can do. There will be many things you can do, for example smile, hug someone, cook, clean the house, go to work or have a shower.

3 Learn from people who are more confident

Spend time with people who are more confident. Notice what they do and how they do what they do. Observe their speech, their body posture, their breathing, the way they speak and how they communicate.

Ask them questions about what makes them feel confident. For example, What do you do when you feel confident? What do you say to yourself when you are confident? Where is your focus when you are confident? Make a note of everything they say and do and then replicate it. Do what they do and how they do what they do. You will notice you will start to feel more confident. In Neuro-linguistic programming this is called modelling. It is the art of noticing what someone does really well and then replicating it yourself. Modeling can be used to learn skills very quickly from people who are very good at it. Modelling is a core component of NLP training and I wonder how once this skill is learned it can help to increase confidence. I used modelling to:

- ♥ Increase harmony in my personal life
- ♥ Improve my ability to speak in public
- ♥ Communicate more effectively with customer and clients
- ♥ Feel more fulfilled in my relationship life

If you had to model someone, I wonder who you would pick? For example Richard Branson, Dalai Lama, Gandhi ji, Nelson Mandela or maybe your favourite celebrity family member or business leader.



*“Too often in
life we limit
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because of what
others think.”*

4 Adopt the posture, breathing and focus of confidence

Imagine yourself as already confident. Sit how you sit, stand how you stand, breathe how you breathe as if you are already confident. Notice when you are confident where you are breathing from. What is your posture like? Where are you focusing your attention? What are you saying to yourself.

Examples include “When I am confident I sit up straight, breathe deep from my belly and look ahead, my focus is on being successful and I say to myself I CAN DO IT, YES I CAN DO IT.”

We all have our strategy for confidence and I wonder what your strategy for confidence is?

5 Start the day with a positive affirmation

It may seem a bit out there but I can guarantee it works. For example:

“Every day in every way I am becoming more and more confident.”

“I feel so happy I can’t stop smiling.”

I tend to say mine in the mirror every morning. I wonder what daily affirmations you would like to make every day?

6 Stop worrying about what others think and start being you

All too often in life we limit ourselves because of what others think. For example, the neighbours, work colleagues, parents, partners, as well as friends.

There was a time when I limited myself because I was worried about what my friends would think and I did not study and failed one of my exams. I just wanted to be cool and liked and did not pay any attention to going to class. Being cool was not me. I enjoyed studying.

When I stopped worrying about what others thought of me I found that I started to move in the flow and with flow with ease and less effort. For example, now I have the career I love and get to travel around the world running training programs in confidence, well-being and happiness using techniques like NLP (Neuro-linguistic programming), EFT (Emotional Freedom Techniques), Meditation and Hypnosis.



“There are times when it feels like our past failures and hurts may be controlling our future.”

7 Be kind to yourself and others

Kindness increases a happy hormone called oxytocin in our bodies. This hormone is produced when we are in love or do something kind for ourselves or others.

Acts of kindness includes smiling, hugging, opening a door, saying thank you or helping someone in need.

I wonder what acts of kindness you will carry out today? As you think about it now imagine your Oxytocin levels increasing. Imagine being kind to yourself – I wonder how you might want to invest in yourself and what kinds of things you might want to learn to be kind to yourself. Just taking a breath in and out now, coming into this moment, noticing how it feels to be kind to you.

8 Let go and learn from the past hurts and disappointments

The past does not have to equal our future and yet there are times when it feels like our past failures and hurts may be controlling our future.

Sometimes people feel because they have failed in the past they will fail again in the present and future. The first step to letting go is acknowledging that it happened and it is over now. It is definitely in the past.

To move on from the past ask yourself “What was the lesson from the past event?”, “What was I meant to learn?”, “What would I do differently in the future?”

There is a well-known saying which is “There is no failure, only feedback.” Or even better, ask yourself “What would I do if I could remember I will never fail?”

In NLP there are techniques called change personal history as well as timeline treatment specifically designed to clear the past emotional upsets and hurts. Studies have shown unresolved past events can lead to illness, addictions and low self-esteem later on in life. Just imagine how much lighter and freer you will feel once you have resolved past events and can focus more on the present as well as on creating the future. These unique NLP techniques allow us to make peace with past angers, fears, sadnesses, hurts and guilts. As a result you will feel so much more balanced and in the present moment allowing your life to unfold in exactly the way you desire.

NLP can also be combined with a clinically proven technique Emotional Freedom Technique (EFT) that also clears past hurts and fears effortlessly. Professionals, business leaders, as well as celebrities are using the technique to be and feel more confident. Go to www.vitality-living.com/EFTTraining.html to claim your free manual on EFT.



“Cultivation of gratitude is now known to increase emotional and physical health.”

9 Learn from your past successes and apply them to the future

We all have strategies for success and can easily apply these strategies to what we want to achieve in the present and future. Recall a specific event when you were successful. Make a note of the event and write down everything you did that made you successful.

Write as if you were writing a recipe that someone else was going to follow. If they followed your step-by-step guide they would also be able to do what you have done. Now ask yourself “How can I apply what I managed to do in the past to be successful in the present and the future.”

10 Be grateful for what you have

Cultivation of gratitude is now known to increase emotional and physical health. When we feel healthy inside and outside we feel more positive and confident.

Remember all the people, things and situations you are grateful for. All people in your life you love, the home that you live in, being able to surf the web, watching a movie with friends, being able to breathe or learning new ways to feel more confident. Write down all that you are grateful for.

Which brings me to my gratitude list. I am grateful for you, the reader, reading this, for my mother, sister, friends and family.

Dr Rangana Rupavi Choudhuri (PhD)

Next steps

- ♥ Re-read the book again and complete the exercises
- ♥ Notice how you feel more and more confident as you start to use the skills in this book
- ♥ To feel even more confident consider attending NLP trainings



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NLP TRAININGS

NLP is a set of powerful coaching skills and tools that helps people design and live the life they truly want to lead. It can be applied in business, at work, with relationships as well as creating personal satisfaction. Once learned it stays for life and can be applied to:

- ♥ Create more fulfilling relationships
- ♥ Achieve life and business goals
- ♥ Influence for win-win outcomes at work and home
- ♥ Mobilise teams at work to be successful
- ♥ Improve health, wellness and confidence
- ♥ Eliminate fears, phobias and limitations
- ♥ Lead and empower yourself and others

NLP Diploma – 3 days

This is for anyone who wants to boost the quality of their life, health, work and relationships. The course contents includes:

- Set practical well-formed outcomes – the key to getting what you want
- Fine tune your senses – how to be more sensitive to your own needs, and to others
- Build and maintain rapport – the key to successful relationships
- Understand how you and others process information
- Increase your flexibility of behaviour to have more choice
- Create your own personal state of excellence and maintain a resourceful state in others
- Eliminate negative states and move towards more empowering states
- Recognise and use powerful language patterns to empower yourself and others
- Enhance your personal effectiveness in communicating with and relating to others
- Resolve inner conflicts creating inner balance and harmony
- Influence, lead, empower and motivate yourself and others



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us with 'Claim my NLP
package' will receive
special packages for
our NLP training in the
UK or India

NLP Practitioner – 5 days

This is taken after completion of the Diploma. The course contents includes:

- How to communicate with anyone, anywhere, with more power and impact
- Understanding what influences our thoughts and behavior
- Overcoming challenges due to lack of motivation, weak goals and fear of rejection
- Creating more fulfilling personal and professional relationships
- Uncovering the motivations of others and to use that knowledge to create win-win outcomes
- Letting go of old beliefs and decisions that have limited you in the past and create lasting changes in any area of your life
- Access the resources of both the conscious and unconscious mind to gain the body's support in eliminating addictions
- Identifying the roots of relationship problems and create new options for enhanced communication and love
- Make important decisions by eliminating unconscious conflicts
- Learn how the brain creates meaning and how to 're-frame' the meanings you and others give to the events in your lives
- See how the tools of NLP fit together and are used in real world situations
- How to coach yourself and others in life, with business or in relationships

ABOUT US

Vitality Living College offers training in coaching, well-being and peak performance, including EFT, NLP & Hypnosis. We train individuals, corporates as well as those wishing to become practitioners and coaches. Our training is the culmination of training with the creators and masters of NLP, Hypnosis & EFT. Training with us will boost your life, work, health and relationships.

Dr Rangana Rupavi Choudhuri (PhD) is the Founder & CEO of Vitality Living College and delivers trainings and seminars around the world.



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