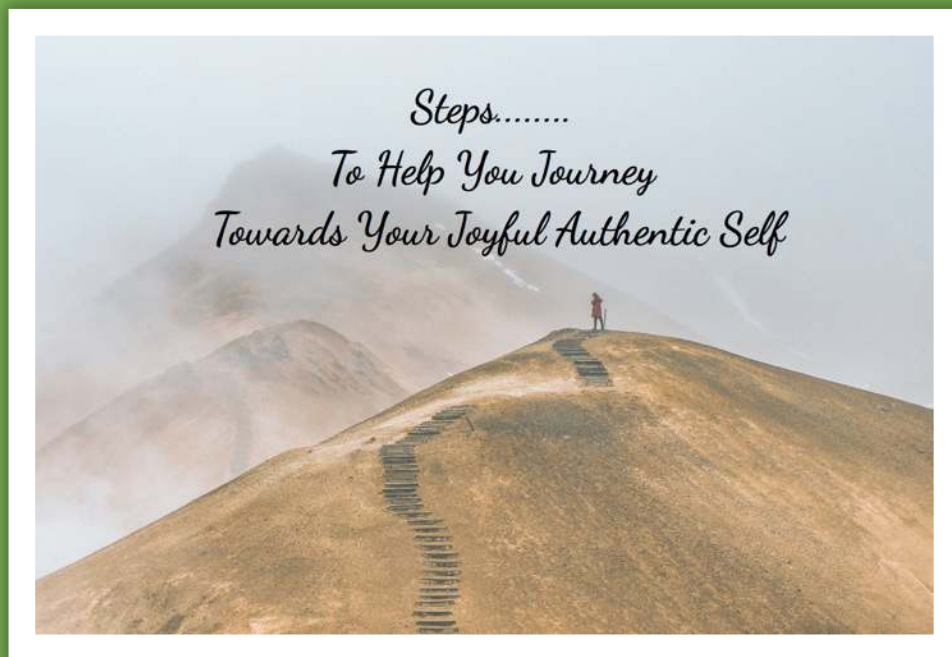


MODULE FOUR

Stepping Stone 49

When I Believe In Myself - So Do Others



When I Believe In Myself, So Do Others

I have a positive view of life that others find attractive. I believe in my ability to be successful in any situation.

When others see this high level of confidence, they believe in my ability to be successful, too.

Success and self-confidence come very easy to me.

Others like to be around me because I believe in myself. It makes others feel safe, comfortable, and confident.

I only allow positive thoughts to occur in my mind. I regularly imagine myself being successful and I fully expect success in everything I do. Each success breeds future successes.

From time to time, I do struggle, just like everyone else. But I always maintain belief in myself.

My self-confidence is unshaken in any and all circumstances. It feels natural to believe in myself.

I believe in my ability to conquer any challenge that occurs in my life.

I am a survivor. I thrive in challenging situations. Others can sense the level of belief I have in myself, and it makes them believe in me even more.

Today, I release any self-doubt I may harbour. ***I believe in my abilities and in my potential for success.*** I can see how much others believe in me, as well, when I believe in myself.

Self-Reflection Questions:

1. What are my 5 greatest successes?
2. In what areas do I have self-doubt?
3. How can I have more confidence in those challenging areas?