

HELP UNIVERSAL

CONFIDENCE MASTER PLAN

YOUR FREE GIFT FROM MORE-SELFESTEEM.COM

WRITTEN BY

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WELCOME!

This Master Plan will allow you to start on a fantastic journey to amazing self confidence.

I am Karl Perera, Author, Teacher and Coach and I will guide you through the steps you need to follow and put into practice so you can turn your life around and find the confidence you need to make your mark on the world.

Before we get started, a warning.

This is no quick trick or magic secret to confident living, this is a long-term master plan which you can start today. Your success depends on you putting this plan into action.

Are you ready to begin??



I WANT YOU TO SUCCEED!

If you have any questions about this master plan or comments then please contact me by sending me an email to:

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or through Facebook:
[@moreselfesteemcom](https://www.facebook.com/moreselfesteemcom)

STEP ONE - BELIEF

This Master Plan will allow you to start on a fantastic journey to amazing self confidence.

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Whether you believe you
can do a thing or not, you
are right.

HENRY FORD

You see, when it comes to confidence self belief is everything. But your mind tells you things which do not help, ever noticed that negative voice inside? It is like a spoiled child complaining and spouting reasons why you shouldn't take a risk, why you should just take the easy way out of any challenge.

So step 1 is deciding what to believe. Your mind may not be helping so feed it positivity at every chance.

STEP TWO - SET GOALS

Setting goals motivates you but you need to do it right to build up confidence. If your goals are too difficult, they will not encourage you and you will get used to missing your targets and aims.

Not Good :(

Your goals should focus on these areas of your life:

- Your finances
- Work and career
- holidays
- activities you want to try
- personal growth
- relationships - your friends and loved ones
- health
- spiritual needs

If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.

ANDREW CARNEGIE

S.M.A.R.T. GOALS

The most important confidence booster when we talk about setting goals is to make sure they are SMART goals.



A goal properly set is halfway reached.

ZIG ZIGLAR

S.M.A.R.T. GOALS

The most important confidence booster when we talk about setting goals is to make sure they are SMART goals.

Smart means:

- **Specific** - a very precise aim so you focus on exactly what you want to achieve.
- **Measureable** - something you can measure, so you can clearly understand when you achieve it.
- **Achievable** - something you can realistically do.
- **Relevant** - is relevant to your bigger goals in life and what you want.
- **Time-based** - you should give a time limit to achieving the goal.

SMART goals are what we often get clients to set in Life Coaching Sessions. They are extremely helpful because they focus you on exactly what you want to do, you can measure it, it is possible, it has meaning for you and you also commit to doing it by a certain time.

Why make SMART goals?

Because they build your confidence as you achieve them one by one and motivate you to continue goal setting and moving forward.

STEP THREE: PROGRAM YOUR MIND

It is necessary to re-program your mind if you are lacking in confidence or have low self esteem. But how do you do this?

Visualisation

The idea of visualisation is to start **LIVING** the success you want in your mind right now. Whatever you have set as a goal relax, close your eyes and see, hear, smell and feel the experience of achieving your goal. Notice those around you and how they react. The more detailed, the more real the better!

Once you can visualise, do it often so you begin to feel more confident about your goals.

Act as if you have already achieved your goals

Instead of constantly hoping for better, or worse, saying to yourself "I will be happy when..." If you act as if you have *already* achieved your goal, you will bring everything into the here and now and you will feel like a success now. This will boost your confidence and program your mind to be successful and confident.

Act in this way in other areas of your life and if you act as if you have already achieved your goal, you will look and feel confident and you will believe in yourself much more than you do now.

STEP THREE: PROGRAM YOUR MIND

So there it is! We have come to the end of this short journey towards your new-found self confidence...

But it doesn't end here.

Over to you now. You know how to boost your confidence with three important strategies that are guaranteed to work for you if you stick with them and do these each day.

Know in your heart what you desire, believe in yourself to do it, take the steps necessary, reaffirm your belief and commitment, train your mind to support you, keep going and stay focused on your goals. If you do this, you cannot fail and your confidence will reach new heights!

Know what you want, believe you can do it, take action, reaffirm your beliefs, control your mind, apply and focus constantly and your life will change in line with your actions and beliefs. Do it and Believe it. Start today!

Confidence Master Plan was written by Karl Perera, Life Coach, Teacher and Author. Visit <https://www.more-selfesteem.com>

THANKS FOR READING!

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Karl is a fully qualified Life Coach, Teacher (MA), Author of Self Esteem Secrets.

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