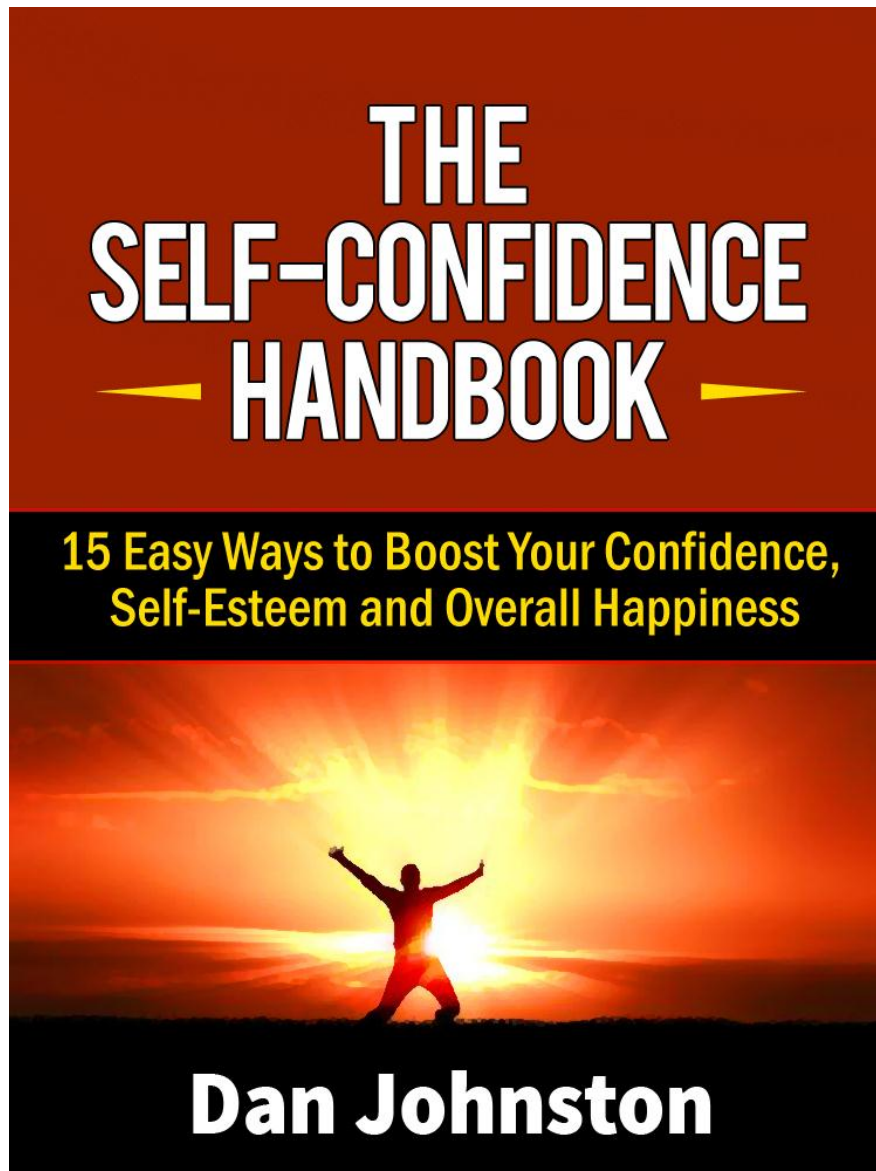


Self-Confidence Toolkit and Companion Workbook For...



Congratulations on taking the plunge and joining me in learning 15 new ways to boost your self-confidence and feel more amazing every day.

Guide to Accompany [The Self-Confidence Handbook](#)  
Copyright 2013 – Dan Johnston ([me@thedanjohnston.com](mailto:me@thedanjohnston.com))

*On the following pages you'll find a summary of each of the 15 self-confidence techniques, complete with action steps and any materials you need to complete the exercises.*

*I highly recommend printing this guide out as it will make the process easier and more enjoyable for you.*

*Before getting started, answer the following question for yourself:*

*My goal in completing this book is:*

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## Technique 1 – How to Master Self-Confidence With the Four Influencers

**Summary:** Our self-confidence is influenced by our self-image. Our self-image is held within our unconscious mind and is directly influenced by our own perception of our past actions.

At all times our unconscious mind is picking up clues about what other people think of us. It is how we know someone doesn't want to talk to us anymore, or get that feeling we don't belong when we enter a certain kind of bar. This perception of what people think of us has a direct impact on our self-confidence.

Comparing ourselves to others is one way we gain and lose confidence. To be more confidence we must take control of this and only ever strategically compare ourselves to others.

Our confidence is directly impacted by our state of health, including our hormones and brain chemicals. Sometimes this goes beyond our control so we shouldn't "freak out" if one day we suddenly feel a dip in confidence.

Never compare how you feel or what you think internally with what other people say or how they act.

## Technique 2 - Have and Work Towards Goals

**Summary:** Having and working towards small, manageable goals is one of the best ways to build your confidence while improving your life. Remember to set goals you can achieve within 4-12 weeks.

**Action Step:** Set one goal in one of the following areas: Health, Finance or Fun.

*My Goal Is:*

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### Technique 3 - Embrace Your Faults

**Summary:** Embrace your faults and take ownership of any “imperfections” nature has given you. When you do, others will see you as much more confident and attractive.

**Action Steps:**

*What is one of your “imperfections” you currently avoid sharing with others, or feel insecure when it comes up?*

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*In what ways could this imperfection actually make you a better person?*

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*How could you share this “fault” with others in a way that was funny and demonstrated confidence?*

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#### Technique 4 - The Secret Hidden Cure for Unstoppable Inner Confidence

**Summary:** Saying positive things about yourself, to yourself, will reduce negative emotions and help you feel more confident. Not only this, but positive self-talk could actually increase your performance.

**Action Steps:** Read through these examples, and then complete the sentences for yourself.

I am the greatest runner who has ever lived.

All the confidence I need is within me now.

Every day in every way I feel more and more happy.

I am the greatest parent who has ever lived.

All the knowledge I need is within me now.

Every day in every way I feel more and more confident.

*Complete these sentences for yourself:*

I am the greatest \_\_\_\_\_ who has ever lived.

I am the greatest \_\_\_\_\_ who has ever lived.

I am the greatest \_\_\_\_\_ who has ever lived.

All the \_\_\_\_\_ I need is within me now.

All the \_\_\_\_\_ I need is within me now.

All the \_\_\_\_\_ I need is within me now.

Every day in every way I feel more and more \_\_\_\_\_.

Every day in every way I feel more and more \_\_\_\_\_.

Every day in every way I feel more and more \_\_\_\_\_.

### **Technique 5 - Raise Your Bar Subconsciously Through Modeling Success**

**Summary:** A shortcut to feeling any trait, including confidence, is to think of someone who embodies this trait and then ask yourself how they would act. Then “model” their behaviour.

**Action Step:** Write down the name of 3 people whose confidence you admire.

*I admire the confidence levels of:*

1)

2)

3)

### **Technique 6 - Learning to Be Outrageous and Not Care What Others Think**

**Summary:** Be a little outrageous from time to time and share your true personality with the world. You’ll end up feeling more confident and attracting people who will like you for who you really are.

### **Technique 7 – The Right Hat Could Change Your Life**

**Summary:** Dress the part of how you want to feel...and always be sure to include a fancy hat.

**Action Step:** The next time you come across an outrageous accessory you like but might be judged for buying...buy it! Then wear it and let your heart stir with joy.

### **Technique 8 - Speakers In Your Bathroom**

**Summary:** Music is one of the best ways to change your mood, get you pumped up and ready to take on the day. You will be amazed how much more enjoyable your morning routine can be with your favourite music playing while you make breakfast, shower, or pick out your clothes for the day.

### **Technique 9 - Tell Jokes Just For Yourself**

**Summary:** From time to time tell share an inside joke with yourself in front of a group. Practice doing things to make yourself laugh instead of trying to please those around you.

**Action Step:** The next time you are with a group of people and think of a funny comment they might not understand, say it anyway!

### **Technique 10 - The Wonderful Side-Effects of Good Deeds**

**Summary:** When we do good things we feel good and we're perceived as an admirable person by others and by ourselves. This perception is picked up by our unconscious mind and will positively shift our self-image. All this leads to one big boost of positive emotions and self confidence.

**Action Step:** The next time you think to yourself "Someone should...." You will be that someone.

### Technique 11 – Limiting Bad News

**Summary:** Start paying attention to what you feed your mind and ditch the bad news. Celebrity gossip too. Start filling your mind with positive ideas from good books, documentaries or inspiring movies.

**Action Step:** Beginning tomorrow morning, and for one week, eliminate all news from your life. This includes traditional news of events, celebrity gossip and opinion pieces. TV, radio, internet and magazines are all included.

Do it for one week and you'll never go back. I haven't for 5 years.

### Technique 12 - Strengthen Your Body

**Summary:** Exercise and healthy eating will directly improve your confidence. As an added bonus, healthy living will improve your focus and productivity, which will also increase your confidence.

**Action Step:** For the next 5 days incorporate exercise into your day (ideally your morning). Incorporate the most intense form of exercise you're able to do...even if that's just a brisk walk.

Try mixing your favourite "pump up" music in for an added confidence boost.

### Technique 13 - Now Is Always The Right Time

**Summary:** Be true to your word. If you decide to make a change in your life or work towards a goal, take some action towards it immediately. This will build your momentum (and confidence).



## Technique 14 - Brad Pitt Probably Gets Dandruff Too

Summary: You can never form an accurate perception of someone you've just seen on stage or TV. Remember, you're seeing them for just a few minutes at their absolute best.

Action Step: Try writing your own over the top biography, highlighting only your strengths. Imagine if you were appearing on TV and had a 30 second intro, what great things could people say about you? Write this out and read it aloud in your best movie trailer voice each morning.

### Your Celebrity Bio

*Fill out the following. Please be as crazy and creative as you possibly can.*

My Celebrity Name (do you think "Tom Cruise" is a real name?):

Where and When Were You Born:

Your Earliest Job(s):

An Early Failure:

An Early Success:

3 Great Things My Friends Know Me For:

1)

2)

3)

What I'm better at than anyone else I know:

*Now, put this all together into your own bio. Here's an example of a completed one for someone you may know 😊*

"Born in Lexington, Kentucky, as son of Nick Clooney, a TV newscaster of many years, who hosted a talk show at Cincinnati and often invited George into the studios already at the age of

5. Avoiding competition with his father, he quit his job as broadcast journalist after a short time.

George studied for a few years at Northern Kentucky University. He failed to join the Cincinnati Reds baseball team. He came to acting when his cousin, Miguel Ferrer, got him a small part in a feature film. After that, in 1982, he moved to LA and tried for a whole year to get a role while he slept in a friend's closet. His first movie, together with Charlie Sheen, stayed unreleased but got him the producers' attention for later contracts.”

### Technique 15 - Gratitude Does Great Things

Here is your complete gratitude solution, absolutely free ( just don't tell Pfizer).

Step 1: Before 9 am each morning ask yourself the following questions:

- 1) What is great in my life?
- 2) What am I grateful for?
- 3) What can I feel happy about?

If nothing comes to mind, ask:

“If I was one of those really annoying positive folks, what would I be grateful for today?”

Step 2: Before falling asleep write down everything from your day you are grateful for, happy about or proud of. This is a time to *list your accomplishments* from the day.

**Summary:** Taking time to think about positive parts of your life and feel grateful for them will have a significant impact on your confidence and sense of well-being. The easiest way to do this is journaling things you are grateful for.

**Action Step:** Before going anywhere decide when in your day you'd like to start practicing gratitude. Then take a moment right now to go through the 3 questions from the exercise above.

The time of the day I would like to start practicing gratitude is: \_\_\_\_\_

(On the next page you'll find a "Daily Gratitude Checklist" you can print off multiple copies of and use each day).

## My Daily Gratitude Checklist

Today's Date:

*Today, before 9am, I asked myself the following questions:*

- 1) What is great in my life?
- 2) What am I grateful for?
- 3) What can I feel happy about?

Now, before bed, I want to make a record of everything I am grateful for from my day. This is my chance to list all my accomplishments from today.

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## About The Author

**Dan Johnston** is a #1 international best-selling author, public speaker and recognized expert in the field of confidence and personal transformation.

Dan has been a student of psychology, personal change and social interaction for over a decade. His passion for helping others feel and be their best has been the fuel of his study and understanding of how people work. Today he earns his living through writing, speaking and coaching.

Dan's educational background includes a degree in Psychology from a world renowned University, training with Anthony Robbins' at his Leadership Academy, and NLP Practitioner Training with Harry Nichols, the only trainer Richard Bandler, the original creator of NLP, has ever personally recruited and trained.

In his personal life, Dan loves to travel, study new cultures and stay fit. He has been a Big with Big Brothers® for over 4 years. Dan and his Little enjoy activities ranging from go-karting and paintball to hiking and boating.

You can contact Dan at [me@thedanjohnston.com](mailto:me@thedanjohnston.com)

## Other Books By Dan Johnston

**Self-Confidence Secrets: How To Overcome Anxiety, Fear and Low Self Esteem With NLP**

A #1 Amazon Bestseller. In this life-changing book you will learn the keys to overcoming anxiety, fear, low self-esteem and other obstacles to achieving the self-confidence, success and happiness you're looking for. Based on the latest breakthroughs in neuroscience and human needs, you will learn proven strategies that can rapidly increase your levels of self-confidence, happiness and success in every area of life.

[Buy The Book On Amazon.com](#)

[Buy The Book On Amazon.co.uk](#)

### Reviews of Self-Confidence Secrets

“This is the best book on self-confidence and anxiety I have ever read. I didn't know what to expect when I first came across this book but decided to take a chance and give it a read.

I was very pleasantly surprised to discover this hidden gem packed with a lot of original ideas and techniques I haven't seen in any other book before.”

-Mary ([Amazon.com Review](#))

“The book, "Self-Confidence Secrets" was recommended to me by a friend, who said it had helped both her and her daughter to cope with rough spots in their lives. I purchased a copy and was impressed by the straightforward and logical way that you explained why people do and feel the things they do and the simple steps you suggested to improve daily life.

Since reading this book I feel that I have gained in confidence and am attempting tasks that I would never have considered before.”

-Jo Gilbert ([Amazon.com Review](#))

“This is a really well written book with a great balance of background theory as well as practical advice and exercises on how to improve confidence and self esteem.

What I liked was that the author took the time to explain some of the core reasons that people act the way they do, and why we have certain needs.

Understanding these fundamental needs really helps when it comes to figuring out not only what we want to change in our thought processes, but why those processes are there in the first place.

It was very easy to follow and he provided simple exercises, many of which you can do anywhere, which will all help re-train your thinking in subtle ways; such as creating global beliefs that allow you to build your confidence and easily tackle bigger challenges.

The free workbook also helped to keep track of progress and give an extra incentive to move forward. It's all too easy to put a book down part way through and forget about it, but the workbook helps break down everything into comfortable chunks that aren't overwhelming, as well as giving you a clear 'finish line' to aim for.

Very enjoyable, helpful and written by someone who is clearly knowledgeable.”

-Rich ([Amazon.co.uk Review](#))

**“Brilliant. Life saving!!** What a brilliant book. Never read a self help type book before but needed to work on my self esteem. Suffered with anxiety in particular for ten plus years. Since reading the book I have suffered none!!! This book had all the answers I was looking for. Absolutely brilliant and the workbook you can download was great help too. I've re read this book quite a few times since reading it the first time. Always makes me feel so much better again. Highly recommended.”

-Marie Fairy ([Amazon.co.uk Review](#))

**Buy Self-Confidence Secrets Today!**

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