

20 Steps towards

Ultimate confidence



Today
& create
yourself
a better
tomorrow

It's your Life..... Live it and Love it

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Welcome



Hi, I am Carol and I am a leading Inspirational Life Design consultant, International Author of 8 books to date, and inspirational workshop presenter and speaker. I offer people, like you, simple and easy ways to create and live the life you dream of living.

So many people are bored and feel they are stuck in a rut and know there has to be more to life, than they are currently experiencing. The reason for this is that they just do not have the confidence, self-esteem or belief in themselves to enable them to do all of the fun and exciting things they really want to do.

You don't have to worry though, because I have been exactly where you are now, I know what challenges you are facing, because I faced many of them too, when I started out on the journey of making my dreams come true.

So I have done all the hard work for you, I have researched 1000's of books, been on loads of courses, and listened to 100's of webinars and teleseminars. I have then taken the simplest, easiest to learn and most effective proven ways for you to change your life and have brought them together, into what I believe are some of the best products and services, you can have, to help you change your life forever, so that you can look forward to each day full of confidence and self-esteem and you can plan, create and live your dream life.

My passion in life is to help people, all over the world, to live life to the full, whether on a personal or professional level and this free eBook has been written for you, to give 20 steps to Ultimate confidence and start you out on your journey to changing your life forever.

What is self-confidence?

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True self-confidence is an inner feeling of certainty about who you are and what you are able to offer to the world. It is the feeling that you are worthwhile and valuable.

What self-confidence is not!

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Self confidence is not

- Arrogance,
- Acting as though you are better than others.
- False pride or showing off
- Feeling better about yourself by making others feel bad about themselves.
- Being arrogantly boastful, greedy or mean,
- Nor is it gained by taking advantage of others.
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What will having self-confidence do for you?

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When you have true inner self-confidence, it is like having a magic wand. You are able to see and step through doors of opportunity that you were never able to open before.

People are attracted to confident people,

Without self-confidence it is impossible to achieve really great results.

With self-confidence comes high self-esteem, which can literally open any door for you.

Confident people have style, charisma, and charm.



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20 tips to everyday confidence

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Using your physiology

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The more you walk, stand and look confident on the outside the more you will begin to feel confident on the inside too.

Using your smile

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A simple smile is worth more than a hundred frowns.

When you smile, it is almost impossible to feel bad at the same time.

Whatever you are doing right now, smile and keep smiling for at least 15 minutes.

Practice using your **SMILE** everyday

Don't judge yourself

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So often the reason we are afraid to do something, or try something new, is because we are afraid of failure.

We judge ourselves very harshly when things do not quite work the way we think they should or want them to.

If we judge ourselves, we also expect others to judge us, because we are doing the same to ourselves.

Instead of judging yourself for not doing something as well as you wanted to, or would like to, celebrate yourself for simply doing it.

Release your guilt

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If we allow ourselves to feel guilty about something we are lowering our confidence in ourselves and in our actions (or what we decide not to do)

I don't believe that we should allow ourselves to feel guilty about anything in our lives.

If you don't want to do something - learn to simply say "NO"

If you know that if you do something you will feel guilty afterwards - simply "don't do it in the first place"

Acknowledge and celebrate yourself

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Start noticing everyday what you have done throughout the day, no matter how small it is, remember all the things you do on auto-pilot too.

At the end of everyday saying "well done" to yourself for everything you have done, during the day fills your head with positive thoughts and creates more confidence in you as you realise everything that you are achieving

Create a positive image

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Always do your hair, wear clothes that make you feel good and accessorize yourself well. Make sure your clothes and shoes are always clean and well presented. Looking good on the outside improves you feelings of feeling good on the inside too.

Using Positive Affirmations

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Affirmations work directly on your subconscious mind and help change old, negative beliefs. It is important to remember that a belief, is simply a thought you have repeated to yourself over and over again, throughout your life. Eventually these "beliefs" becomes your inner "truths".

Using positive affirmations everyday will re-frame your inner thoughts and you will begin to remove all those old negative thought patterns you have built up over the years.

What is the worst case scenario?

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Often you lack confidence to do something because you worry about the terrible consequences that may result, if it goes wrong, or doesn't work, what it will feel like as you do it.

Most times, what we worry about before it happens, doesn't actually become reality anyway.

Ask yourself what is the worst that can happen if I.....?

If you can deal with that, then just do it and don't worry about it beforehand.

If you can't deal with it then simply don't do whatever it is.

Is this really important

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Whatever you are worrying about that may happen if you do something, take time to imagine that it is 10 or 20 years ahead and you are looking back, My bet is you are laughing at all the fuss you made about doing something or that it really was no big deal at all in hindsight?

Change your questions

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Often it is the questions you ask yourself that deplete your confidence in yourself. Do you focus on asking:

- what could go wrong
- what might happen

Change your questions and ask

- What could go well
- What benefits will there be if I do this
- How will this make me feel when I achieve it

Focus on asking yourself positive questions instead of negative questions.

Don't let other peoples words in

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How often do you allow other peoples words to make you feel down or lacking? remember that you invite other peoples to Its not the words other people say to you, it's the way you react to them and talk to yourself about them afterwards that is the problem - change the way you think!

Use the STOP technique

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Whenever you feel a negative thought coming on - say out loud to yourself STOP IT. and change your thoughts to something positive straight after.

Saying STOP IT breaks your pattern of thought and creates a void for you to fill with a positive thought.

Change your words

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Take the time to listen to the words you use on a daily basis - do you use the words

- I can't
- I don't want
- It won't work
- But

regularly? if so replace these with positive words like these instead.

- I can
- I would like
- It will work
- And

Visualise a great day ahead

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In the morning as you are having your shower, close your eyes and visualise the day ahead and everything going perfectly, visualise all the people you will meet, the things you will say. Visualise everything being a great success and it will be.

Emotion in motion

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It is well known that the more your body is in motion the higher your energy levels, the higher your energy the harder it is to feel bad. Walk more, dance to your favourite song on the radio, If you feel a little low during the day jump up and down a few times and you will soon feel much better

The past is gone

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remember, no matter what happened yesterday, this morning or even two minutes ago, it is gone and you can't and wont bring it back. If things didn't go as well as you wanted them to, take a lesson from it and do things differently next time. If something happened that you wished hadn't, it doesn't matter anymore it is over and done with you can't change the clock - forget it - worrying about what you did before this very moment is a waste of your energy - focus on the here and now and the great things that are yet to come.

It's your life - live it.....love it.....enjoy it.

Next steps

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You have now learnt a host of new ways to create confidence and if you use these tools and techniques, you will see a difference in your outlook and your confidence will grow.

If you are ready to take your confidence to the next level, learn more proven, effective, powerful confidence tools and techniques, and want to add to your toolbox of confidence solution tools you have gained in this book,

Visit the website

<http://www.ultimate-confidence.com>

where you can purchase your own

- powerful affirmation cards
- Ultimate confidence [Audio CDs](#)
- Ultimate confidence from the inside - full eBook
- Ultimate confidence full audio/video programme and daily journal pages

Request a personal - ultimate confidence programme, especially tailored to your own confidence challenges with Carol herself, or one of her hand-picked associates.

email: info@choosechanges.com

Prefer to share your experiences with others, help and be helped and supported as you learn many more tools and techniques for ultimate confidence? Come along and join us at the next [ultimate confidence workshop](#),

where you will learn, in a fun and supportive environment, many more tools and techniques to gain ultimate confidence, meet new people and make new friends, all for LESS than the price of a night out.

What would you prefer to do:

keep doing what you are doing now and keep getting what you have always gotten, or invest in yourself and be able to live life to the full each and everyday, full of confidence and self esteem?

[visit the website now www.ultimate-confidence.com](http://www.ultimate-confidence.com)

[email us: info@choosechanges.com](mailto:info@choosechanges.com)

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What others say about Carol:



When I first met Carol, I wanted to start my own business as an EFT Practitioner, but I was so scared and nervous I just didn't know what to do first, Carol showed me the vital tools and techniques I needed, that none of the business advisors I had spoken with suggested to me and in just a short time I had gained ultimate confidence and started my own business with so much passion and belief in myself ,

I am now going from having just one client a week where I had worries of ' what if I do this wrong' or 'what if they don't like me' to now having regular clients who come back to me weekly/monthly, and new clients coming more often than not also. I am now not only a EFT practitioner, but I am also a holistic Therapist, and stress management coach, and all this, again, has happened in such a short time, and this is down to my newly found confidence and thanks to Carol. Carol is an amazing lady and is so passionate about contributing to the lives of other people and helping them to change their lives forever, she is so refreshingly real and is going to make such a difference to everyone she meets, if only more people knew what Carol knows.

Carrie Winfield - <http://www.lifechanges-uk.co.uk>

"If you need some guidance in your life, want your confidence and self worth to be re-instored, so that you have the ability to change and choose the right path for a happier, healthier more fulfilled life this planner is for you. We all have the ability deep down inside us to create and live our dreams, Carol shows you the way to find that inner strength, inspires and enables you to use all the tools and techniques effectively, to make the positive changes you need to make in your life so that you can live your dreams."

Debbie Hutchinson - Germany



"Thank You! Thank You! Thank You! Thank You!
This will help me manage my life for sure! I cannot wait to get
my journal up and running. Stay tuned....xoxox Carol, you are
the best!!" [Susan Merlo - USA](#)

Take a peek at what some of the worlds most successful
multimillionaire entrepreneurs and MDs say about Carol's

Inspirational Life Design Planner

"This life design planner will help you get on track and stay focused
on achieving your life's goals and dreams. Use it and make all your
dreams a reality."

[John Assaraf, New York Times Bestselling Author, The Answer](#)

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Carol has created an extremely useful tool for helping us keep on
track with our lives. This planner will keep us focused on what is im-
portant in life and keep us directed towards the goals and ambitions
we have. I recommend it highly."

[Jonathan Jay, Founder and Managing Director of SuccessTrack](#)

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"Using this planner will enable you to plan and organise the priori-
ties in your life. A great tool - not just for coaches - for anyone who
wants to improve their life".

[Geoff Fairfield, Sparks and New Insights.](#)

Carol is a leading Inspirational Life Designer and international author. Carol inspires people all over the world, with her gentle and refreshingly real style, intuition and charisma and shows you how to make positive changes in your life, live without fear or worry, full of confidence, passion and fun. Yes you really can create and **LIVE** the life you want and deserve to live and Carol shows you how.



Carol is the founder and CEO of Choose Changes, the inspirational life design foundation and offers both personal and business transformation products and services worldwide through the three distinct, but intrinsically linked divisions of Choose Changes:

Whether you want to change on small part of your life or create total transformation in both your personal and business life - Choose Changes is here to help - Visit the websites today

Choose Changes - www.choosechanges.com

Ultimate confidence - www.ultimate-confidence.com

Ultimate business potential - www.ultimatebusinesspotential.com

Today is the first day of the rest of your life

Live it - Love it - Enjoy it



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