



Unshakable Confidence



Sonia Devine is a qualified professional hypnotherapist with a caring and committed approach. Her primary mission is to put you in touch with your own inner resources and show you how to create your ideal life.

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Introduction

Who Do You Think You Are?

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Introduction: Who Do You Think You Are?

Hello and welcome. I hope you enjoy this free e-book as much as I enjoyed creating it. If you have downloaded this book then you are probably looking for ways to feel better about yourself. Many people believe that they would feel good about themselves if others just treated them with more respect. But in fact, the opposite is true. People treat you exactly as you think you deserve to be treated. I'll explain why as we go along.

For now, take comfort in the fact that there is a lot you can do to increase your feelings of wellbeing, and it all starts with you. In fact, you are the only person who can give yourself approval. If that sounds foreign to you, be patient. This material will explain where we get our self esteem, how it affects our lives and what we can do to change our reality.

I recommend that you print a hard copy of this e-book so that you can read it in a comfortable place and take notes if you need to. You'll find it much easier to read a hard copy of the book rather than scrolling through the pages on a computer screen.

I also recommend you keep this book open on your computer at the same time so that you can easily access the resources I have included along the way. Simply click on the link as it appears and it will take you to the information I am directing you to.

Happy reading!

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Your Self Image

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Your Self Image

What exactly is your self image? It is quite simply the way you see yourself. For example, you might often find yourself saying to yourself or others: 'I am a punctual person', or: 'I always sabotage job interviews!' These things that we say to ourselves and about ourselves all create and reinforce the [subconscious beliefs](#) that make up who we 'think' we are. And that's really great if we say positive things about ourselves.

The problem is that most people insist on putting themselves down. They say 'He doesn't like me', or 'I'm hopeless at meeting people'. What they don't understand is that by making these statements, they are continually re-affirming their own negative subconscious beliefs. These beliefs then manifest themselves in our day to day lives, therefore 'proving' to us that they are in fact true.

We're also taught from a very young age that our self image is (and should be) based on external factors. Below are the benchmarks by which many people assess their self-worth;

- Job title;
- Bank balance;
- Friends and 'important' acquaintances;
- Place of residence;
- Brand of Car;
- Physical appearance

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Are you defined by what you do for a living, or would your self esteem remain intact whether you were a rock star or a janitor? Would you still love yourself even if you were flat broke? By nature, you are conditioned to strive for all these superficial achievements, but the truth is: *They have nothing to do with who you are.*

You are much more than the physical body that you have chosen to inhabit during your time on this Earth. Who you REALLY are is inside your soul. That is the part of you that knows you are perfect just the way you are. The soul is often called many other things, such as Universal Consciousness, your Higher Self, or 'God'. When I talk about the soul I am encompassing all of these things.

Your soul will continue to live on well after your physical body leaves the planet. It knows your true potential, and it knows that we are all connected by infinite intelligence. We are all part of an infinite energy that vibrates at various frequencies. This means that everything you do to me, you do to yourself; we are one and the same. Some religions refer to this phenomenon as 'Karma', but what it really means in simplest terms is that whatever you do comes back to you (both good and bad).

This is really useful to know, because once you understand this law, you will begin to be more mindful of the way you treat others and in turn, the way you [treat yourself.](#)

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EXERCISE

Your subconscious belief systems are shaped and reinforced by your inner [self-talk](#). Everything you say to or about yourself either creates a new belief or re-affirms an existing one. Once you have a set of belief systems, your subconscious mind brings into your direct awareness everything that supports your beliefs to the exclusion of everything else. It doesn't discriminate, and it does not have the power to reason. What does that mean in plain English?

You are what you think.

Yep, that's right folks. It all comes back to you. You see, your subconscious mind is the humble servant of your conscious mind. Whatever you tell it, it will say 'Yes. Okay. So it makes sense that knowing this information, we would want to start to develop some beliefs that get us more of what we want and less of what we don't want. How do we do this? Start by finding ways to replace your old negative beliefs into new empowering ones.

In order to release your negative beliefs, you must first [know what they are](#). For this next exercise, I recommend that you take some time to sit down in a quiet place where you will not be disturbed. Take a piece of paper and do the following:

- 1. Write down the top five negative things you say to yourself.*
- 2. Next to each negative thing, write something positive.*

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For example, if one of the things you say to yourself is *'I am not attractive enough'*, then next to this you could write *'I am beautiful on the inside and out.'* Don't worry if you have difficulty believing the positive statements you come up with; write them down anyway. Before you can correct a problem, you need to get to the bottom of exactly what is causing it. When you have the culprits down on paper, they serve as a constant reminder to you of what you need to fix in order to begin building self confidence.

From now on, whenever you catch yourself in a negative thought, touch yourself on the wrist and say to yourself: *"NEXT"*. Then, immediately follow this by stating out loud the corresponding positive thought that you have written down. This takes a bit of practice but I promise you, it is well worth the effort!

You have the power to [choose what you believe](#) about yourself. I know this might sound far fetched if you have very low self esteem, but think of these exercises as watering the seeds of self-confidence. You can choose either to cultivate positive growth or negative growth. It starts with self awareness.

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How Anxiety is Linked to Your Self Esteem

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How Anxiety is linked to your Self Esteem

Many of us go through our whole life fighting against that feeling that somehow, we are just 'not good enough'. We convince ourselves that our dreams don't matter and that we will never amount to anything. I probably don't have to tell you that low self esteem affects your emotional and physical wellbeing and seriously hinders the quality of your life.

Many people come to me in a state of [*high distress*](#). They sleep poorly, feel anxious most of the time and are generally not enjoying life. On further investigation, I usually find that those who suffer from anxiety also have low self esteem; and vice versa. So which came first, the chicken or the egg?

It really doesn't matter. The most important thing to remember is that when you feel good about yourself, everything else works. You naturally become a calmer and more relaxed person. I know this because at one time I had extremely low self esteem. Every day I would look in the mirror and say 'you are scum.' My life wasn't working and I wondered why.

It becomes a vicious cycle – you feel anxious, then you beat yourself up for feeling anxious, and then your self esteem goes down even further....and then you feel even more anxious! Are you getting the picture? I'm here to tell you that it is madness, and that you don't have to be part of the madness any more. But it all begins and ends with YOU.

Many of my clients who suffer from [*anxiety*](#) are frustrated with people around them who simply don't get what they are going through. My client 'Jenny' was becoming increasingly frustrated with her husband, who had never experienced the debilitating effects of anxiety. His first reaction when she tried to explain what she was going through was to tell her to 'just relax'.

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Do you want to know how useful the words *'just relax'* are to an anxious person? Well let me enlighten you: It's like telling someone who is drowning to *'just swim.'* If you are suffering from anxiety or depression, it is important that those around you make an effort to become educated about your condition. Anxiety and depression are very common conditions that have been largely misunderstood in the past. But enough about the condition itself, let's talk about some positive strategies to deal with the symptoms.

What if what if what if....??

When we suffer from anxiety, we often spend most of our time constructing terrible future scenarios in our mind. The fact is that most things we worry about never eventuate. This is a logical and rational fact, but it doesn't help anxiety sufferers one bit. You see most people who suffer from anxiety **are** in touch with reality. That's the most frustrating part of it all!

They know on a conscious level that the scenarios they create in their minds are not real; they just don't seem to have the power to stop worrying. This is the nature of [neuroses](#). A person with neurosis is often intelligent, rational and normal in every other way. ***How DO you stop worrying?***

Chances are if you are anxious, then you are what I call a 'what-if-er'. That is, you catastrophize about everything and imagine the worst possible scenario in every situation. You know on a conscious level that if you continue this way you could be worrying yourself into an early grave. Here is an exercise that I call the 'what-if-box';

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In your imagination, create a box. This box has a one way opening. Each time you have a negative thought, feeling or emotion of the “what-if ” kind, you are to immediately send it straight through that one-way opening of your ‘what-if-box’. The worrying thoughts will always be there if you need to re-visit them, so let them stay there. While they are in the what-if-box, you are free to get on with other more important things!

The fact is that it isn't actually the imagined scenario that stops you from living your life; rather, it is your attachment to getting rid of the fear it generates within you. Many of my clients say ‘I will only be happy if I am worry-free’. I tell them not to hold their breath. *Why? Because we all feel fear!* In fact our brains are hardwired for fear. Many moons ago we needed an over-inflated fear response in order to survive. Evolution is very slow, and now we have this over-inflated fear response that we do not need. The trick is not to allow that fear to dominate your life.

Some of the fear we experience is very useful; most of it is not. So it is about being aware of this and rising above the over-inflated fear response. Think of your fear response as a dragon; the more you try to push it away, the louder it will roar and the hotter the fire from its mouth. But if you look at that dragon and say: *‘I know you're there, but I'm going to live my life anyway’*, your dragon loses its power. Make friends with your dragon, greet it, talk to it, and do what you want anyway.

“Not Good Enough” Compared to What or Whom?

Another contributor to anxiety and [low self esteem](#) is the incessant need to compare. When we compare ourselves to other people, we think that we are creating a benchmark that will allow us to strive and grow. In fact we are doing the opposite; we are creating a bottomless pit of despair and sorrow based on a lie.

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The next time you feel the urge to beat yourself up because you're apparently 'not good enough', ask yourself: "What exactly is my benchmark?" To what or whom, did you compare yourself in order to reach this conclusion? What logical need is there for this comparison, and how is it helping me?

Enough said. When something is not working, we must do something different. You are a valid human being with every right to happiness. There is no-one else on this planet exactly like you. Make a commitment to be kinder to yourself, and life will be much easier. Remember, habits take some time to create so you must [change your behaviour](#).

Everybody Hates Me!

'Everybody hates me, nobody likes me, I'm going out the back to eat worms'.....do you remember that song? We used to sing it as children and then laugh hysterically; but the truth is, feeling like the world is against you is no laughing matter. Really this is just a form of projection. When you say 'he doesn't like me', what you are really saying is '[I don't like myself](#) therefore I assume he feels the same way.'

The habit of assumption can work for you or against you. I'll give you a personal example: because of what I do, I meet lots of new people every week. When I meet new people, I have two choices: I could freak out and get myself into a bother worrying about whether or not my clients will like me and respect my opinion; but that would get me nowhere. It would not work for me and most importantly it would not work for my clients.

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So instead, to make my life easier, I always assume then every person I meet will like me and that I will like them! This technique works really well for me, and it will for you too. Remember, what you give out comes back to you and people will pick up on your internal signals too. Think how much easier it will be to look forward to meeting people who like you, rather than constantly being in a state of panic!

Walk Tall

What is your posture like? Do you look at the ground when you walk and hunch over? Watch your physical posture – straighten up, walk tall and look other people straight in the eye when you talk to them. You'll be amazed at how such a little thing can improve your self confidence.

Hold your head high and show the world you are [proud of who you are](#). Your posture speaks volumes for the way you see yourself. People mirror in us, dramas that are going on in our minds. If you walk with your head to the ground, you are telling the world: 'I don't matter. I'm not worthy'. Consequently, people will reflect your feelings by treating you accordingly.

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Feeling Lost....?

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Feeling Lost....?

We all want to be happy and successful, but let's face it; some days are better than others. Feelings of [worthlessness](#) can erode our hope and cause us to feel completely lost. When clients book in to see me, often I will ask them on the phone why they want to have therapy. Many times, they tell me they have lost themselves; that they don't know who they are any more.

Surprisingly, this can often happen later in life. Many clients tell me: 'I don't understand.....in my twenties, I was so confident – I felt as though I could take on the world!' This is not uncommon. Throughout our lives we face challenges, hurts and resentments that we often refer to as 'baggage'.

Everybody has [emotional baggage](#). But if you haven't dealt with yours at a subconscious level, it can come back to bite you later on. One of the biggest contributors of anxiety and low self esteem is the belief that others needs are more important than our own.

Learning to Say “NO”

Do you find yourself saying “yes” when you would rather say “no”? If so, you're in serious need of an assertiveness makeover. I see this problem in many of my clients. Women are twice as likely to have this problem because by nature, we women are nurturers and carers. Our natural instinct is to help others, and that's certainly an admirable quality; but at what cost to our confidence and self esteem?

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Whether you are male or female, if you are continually sacrificing your own well-being to take care of the needs of others, you will eventually suffer. This is because your subconscious mind's primary intention is to protect you. If you continue to burn the candle at both ends, your subconscious will find ways to force you to slow down. Spreading yourself too thin can cause a myriad of health problems, such as anxiety, depression, headaches, shoulder tension and disturbed sleep. So I'll let you in on a little secret;

“NO” is not a dirty word!

Saying “no” is not about rejecting the other person. It is simply about self preservation and your [*confidence and self esteem*](#) . In order to take care of others, you must first be able to take care of yourself. Learning to say ‘no’ sometimes is the most valuable gift you can give yourself.

When you do take some time to nurture yourself, you become even more productive, and you teach others not to take you for granted. Your energy is precious – *so do it for yourself!* As you give to yourself and respect yourself, you will find that others around you will mirror your behaviour; far from being angry or upset with you, they will begin to treat you with more care and respect.

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Discovering What You Want

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Discovering What You Want

What is self-esteem for you? What do you need to do, say or be to gain greater self esteem? If you don't know this, then how can you possibly improve? Get clear about what you want and then start making plans to make your dreams come true. The first rule in getting what you want is to focus on what you want, NOT what you don't want.

Let me give you an example; many of my [weight loss clients](#) come to me saying 'I hate my thighs'. They are unaware that by focusing on fat thighs, they continue to manifest what they don't want. Why? Well, here's how it is: your subconscious mind does not have the ability to analyse what you ask for. It cannot think to itself 'Even though Jenny is focusing on fat thighs, I know she doesn't really want this; therefore I am going to give her slim thighs instead.' Your subconscious mind simply gives you what you focus on.

So it's time to start paying attention to what you want. Making plans is a great way to give you a sense of control over your destiny, and it helps you to feel good about yourself. Be specific about what self esteem means to you; your subconscious mind works best when you tell it exactly what you want.

Remember when you were young and the world was your oyster? Well, I've got news for you; it still is! But there's a catch: if you want to create the life of your dreams, you need to know what that dream is. So, start by writing down the top 10 things you want in life. Don't hold back; **just do it**. Then when you've done this, you can get into some serious goal setting

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Goal Setting

Goal setting is a great way to give your subconscious mind a picture of what you want. As you show this to your subconscious mind, it will begin to create the circumstances and situations that will allow your dreams to come to fruition. *Your goals must be:*

Specific

Stating that you want to lose weight or get rich is way too vague. How much do you want to weigh? How much money do you want to have? Be specific about exactly what you want, and then leave the 'how' and the 'when' up to the Universe.

Measurable

Write down how you are going to achieve your goal. This will give you the momentum you need to keep going. Be open to receiving clues and signals from the Universe about the next step to take.

Achievable

Make your goal achievable and realistic. You're not likely to achieve a goal of becoming a world class Olympic gymnast if you're turning 50 next month!
(Not that you wouldn't look GREAT in Lycra ...)

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Relevant

Your goals must be relevant to your current situation. They must also be congruent with your values.

Timely

When are you going to achieve this goal - in 2 months, 2 years or maybe 5 years? Whatever it is, make sure you set a time frame.

Once you have your goal list, it's time to develop an action plan based on your timeline for achievement. Start small, Give yourself the chance to succeed by creating baby steps that you know will help you feel more confident. Sometimes your goals will change and that's okay. You can continue to review and update your goals list. Whatever happens, keep going! You will be revising your goals often, based on your circumstances so expect challenges along the way – and above all, have fun!

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Enjoying the Present Moment

Often, we walk around consumed by our past memories; and when we're not doing this, we are torturing ourselves with future expectations, assumptions, guilt and worries. We either obsess about our [*past mistakes*](#), or we catastrophize about what might happen in the future. In fact, anxiety is often defined as a "fear of the future". Are you stuck in this pattern? If so, you need to recognize that all we have is here and now.

The past is gone, and the future hasn't happened yet! Creating true change in your life begins by acknowledging and releasing the past, learning to live in the here and now and establishing confidence and self esteem. Sure, it's great to plan for the future – that gives us hope and motivation to be the best we can be; but don't let worrying about the past or the future consume you. Live and be happy!

Gratitude

Appreciate your life as it is right now. Praise yourself for a job well done, and recognize that it took a great deal of wisdom and knowledge to get you where you are today. Thank yourself and the Universe, for everything you have. By doing so, you will allow yourself to receive even more abundance, love, happiness and peace.

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Practising gratitude daily opens your heart and allows you to receive even more good things. What is good in your life right now? Who do you appreciate the most? Take time to reflect on the things you have created easily in your life. Acknowledge your own personal power and your ever present ability to learn and re-learn whatever is needed in your life's journey.

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4 Steps to High Self Esteem

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4 Steps to High Self Esteem

As I often tell my clients, healthy self esteem is a work in progress. The work my do with my clients is just the beginning, and it's the same with you; this e-book is really just a resource to remind you of the little things you must continue to do on a day-to day basis to [improve your self esteem](#).

If you're like most people, you have probably developed a habit over a lifetime of putting yourself down, comparing yourself unfavourably to other people and generally feeling awful. Just as it takes some time to create bad habits it takes time to replace those bad habits with good ones. To help you along the way, here are my top 4 tips for creating and maintaining a healthy self-image:

ONE : Stop Comparing Yourself to Others

When you compare yourself with other people, you are fighting a losing battle. Whom are you comparing yourself with? What do you think they have that you don't? If you derive your power from outside forces, you will spend your life feeling extremely vulnerable, because things change. We all get older; we all face challenges.

Even if you are the most beautiful supermodel in the world, with the biggest house in the best street ... there will always be someone younger, hipper, richer or better looking around the corner. But; there will never be another you, which brings me to my next point:

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There is no one on this planet that is better than you!

You are perfect. Your soul is perfect. You are connected to everything and everyone via a vast intelligence whose power is beyond anything you can imagine. This means that you are beneath no one, and you are above no one.

[Accept yourself](#) for the wonderful, unique and precious being that you are right now. If you want to change your circumstances, you must learn to love where you are right now. Learn to look within and you will become self reliant. When you are unaffected by the good or bad opinion of others, you will actually begin to rejoice in the success of other people.

Understand that there is a perfect time and way for you to receive what you have asked for. Trust that the Universe will bring you what you want at the perfect time and in the perfect way.

TWO: Accept Compliments

What is your immediate reaction when someone pays you a compliment?

- *Do you cringe?*
- *Do you vehemently dispute what is being said?*
- *Or maybe you make excuses as to why it is not so?*

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Pay careful attention to this; because I'm telling you right now, your subconscious mind is certainly paying attention – in fact, it is taking detailed notes; and it is using these notes to fulfil your belief that you are not good enough. The most precious gift you can give yourself is to allow yourself to gracefully accept compliments.

The next time someone pays you a compliment, listen to your internal dialogue, let it pass, and then simply say “thank you”. When you do this, you send a message to your subconscious that you are worthy. Adopt this habit, and eventually you won't even have to think about it; you'll find yourself saying “thank you” automatically, and you will even enjoy receiving compliments!

Your willingness to receive is the key to building self confidence. And while you're at it, get comfortable paying others compliments as well. What you give out comes back to you tenfold, and one true sign that you are on your way to building self confidence is the ability and willingness to give and receive freely.

THREE : Fake It till You Make It

Who do you think you need to be in order to be, do and have what you want?

- *What clothes would such a person wear?*
- *How would they speak?*
- *How would they walk?*
- *What sort of posture would they have?*

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When you have the answers to these questions, you have a [self confidence](#) blueprint to work with. Begin to act as if you are that person. Remember, it's your subconscious mind that you want to influence – and it has no idea whether you are the person you are 'pretending' to be or not. Find the qualities that you would most like to have, and then start pretending!

If you want more courage, act more courageous! Straighten your back, walk tall and look people straight in the eye; people will respond to your body language and they will begin to treat you differently. Soon you will find that you are no longer faking it – with regular faking, ***YOU WILL BECOME*** the person you want to be!

FOUR : Refuse to Put Yourself Down

If you've spent your whole life saying or thinking negative things to yourself, it's going to take a bit of work to rectify this; [but it IS doable!](#) Practising self hypnosis is a great way to shift your negative thinking and to start building high self esteem.

By developing the skill of seeing past the ego to build confidence, you learn true self reliance. You begin to accept yourself for the perfect being that you are ***RIGHT NOW*** – not for who you will be once you have been given that promotion or bought that shiny new car.

When you bypass the ego, you experience true self love – the love that comes from your higher self. Your wisdom, your intelligence, and your compassion are all perfect – and these things are permanent. A great way to connect with your spiritual side is through meditation. Another way is to work on improving the quality of your self talk.

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There aren't enough people in this world committed to building self confidence. Now, don't get me wrong. When I talk about self love, I'm not talking about arrogance or conceit; I'm talking about a deep, unfaltering self respect that radiates positive energy from within. People who have high self esteem have no need for arrogance ...so how do you get it? You keep going. You refuse to give up.

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Affirmations for Positive Self Esteem

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Affirmations for Positive Self esteem

EXERCISE

In order to release your beliefs about who you are, you must first know what they are. So how do you find out what yours are? I recommend that you take some time to sit down in a quiet place where you will not be disturbed. Take a piece of paper and on the top write down:

“I have low self esteem because....”

Now list all of the reasons that come up for you. As you bring these erroneous beliefs into conscious awareness, you will be able to see that they are irrational and not based on proof. Learning to [challenge your existing beliefs](#) is an important step in overcoming your blocks to success and happiness. As you reveal these beliefs, you can take steps to create new beliefs that are congruent with whom you want to be.

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Common Beliefs that cause Low Self Esteem

I am a 'Loser';

I am hopeless;

I am lazy;

I am Useless;

I am ugly;

Nobody will ever want me;

I am too (fat, ugly, etc...)

I am not (pretty, smart, etc...) enough;

I am not loveable;

I am selfish;

People don't like me;

People find me boring;

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How to Change Your Beliefs

There are a couple of techniques I recommend to help you release your old beliefs. The fastest and most effective way is with [hypnotherapy](#). But there are some other things you can do too. Positive affirmations are a wonderful tool, as well as creative visualisation. I'll get to that later but for now, here are some positive affirmations you can use:

- *I love and care for myself*
- *My mind is calm and at peace;*
- *I love and respect myself;*
- *I have the right to use my time and energy as I please;*
- *I congratulate myself often;*
- *I accept myself for who I am right now;*
- *I deserve to be happy;*
- *I deserve to be loved;*
- *I am a special, unique person;*
- *I forgive myself; I release the past;*
- *I give myself all that I need*

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Visualization for Loving Yourself

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Visualization for Loving Yourself

Creative visualisation is just about the best way you can change your present circumstance. When you give your subconscious mind a picture, it automatically sets about to [create this as your reality](#).

Visualisation – Communicating with your Inner Child

Here is a guided journey I use with my clients to help them to learn to love themselves:

To begin, go within and get quiet. Close your eyes and concentrate on your breathing. Take a deep breath in, and on your out breath, release any energy you do not want. This energy may be in the form of thoughts, feelings or anything else. Continue to breathe deeply and with every breath you take, find yourself relaxing even more.

Imagine now that before you, you can see a door. It is a large and solid door made out of the most beautiful timber. It's locked at the moment, but behind that door is a large and beautiful room; designed for your comfort, your pleasure, your safety and your security. No-one can enter that room except you. You have the only key to that door.

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In a moment, when you're ready, take that key, unlock the door and enter that room, closing the door securely behind you. As you look around that room, you notice that on one wall there is a floor to ceiling curtain made out of beautiful, luxurious fabric. Behind that curtain, there is a floor to ceiling mirror. Walk across to that mirror and draw back those curtains. You can now see yourself reflected clearly in that mirror.

As you stand watching your reflection, you become aware that there is another reflection beginning to appear just behind you and slightly to your left. As that image begins to clear, you see that you are looking at a reflection of you when you were very young.....just a little boy/girl.

You know everything about that little boy/girl....what he/she thinks....how he/she feels. So I want you to turn and face that little person now. Look him/her directly in the eyes and explain to him/her exactly who you are. Let him/her know that you are the adult man/woman that he/she is destined to become. Let him/her know that you know him/her intimately and understand him/her completely....*and that with all of that knowledge, you love and accept him/her unconditionally.*

Explain to him/her that you understand that he/she has been trying to protect you from hurt and harm all these years in the best way he/she knows how....and that you greatly appreciate that protection. You have survived, and you may not have without his/her protection. But now you are a mature adult, with lots of knowledge, wisdom, strength and skills that he/she didn't and couldn't possibly have had at the time. And from now on you are going to use all of those strengths to protect both him/her and you in a much more powerful and positive way than ever before.

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So he/she can just relax, let go and be that happy, carefree little boy/girl that he/she has always wanted to and deserved to be...happy in the knowledge that he/she is now safe in your protection. He/she will never be alone.....you will always be there for him/her and he/she, now happy and carefree, will always be with you.

When you're ready, I want you to give your child a big hug. Let him/her feel the full power of your unconditional love flowing freely to him/her....and begin to feel his/her unconditional love flowing freely back to you. You will always be together now. Best friends; together forever.

When you are ready, I want you to each return to your original positions. Face that mirror again, and you will see that little boy/girl move to his/her right and now standing immediately behind you, the child moves forward and embraces you and merges fully with you again. And you can feel that carefree happiness within you as you and he/she become fully integrated.

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Need More Help?

As you're finishing this e-book, you now know pretty much everything you need to know in order to start building confidence and self esteem. You know that your subconscious mind hold the key to your health and happiness. You know that self-esteem is a work in progress, and that you must apply the tools and techniques mentioned in this e-book on a regular basis.

Was this e-book helpful? I hope so!

Got questions?

I'd be happy to answer whatever questions you might have. Every day people contact me asking wonderful questions that I enjoy answering, so please don't hesitate to get in touch if you need anything.

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If you have any questions or comments about the information in this book, I'd love to hear from you! Drop me a line [here](#) and I'll get back to you right away.

If you enjoyed this e-book, feel free to share it with others.

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