



**FOCUS: The Key To Self-Discipline,
Confidence & Success!**

Changing YOUR Mind In 2009

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Hello and Welcome!

We would like to thank you for spending your time with us in this special publication as we wrap up the year with much international economic turmoil and uncertainty, yet realizing and believing, that with the right mindset, this CAN be one of the most exciting and economically rewarding years of your life.

One thing about coming into a new year is that CHANGE IS A CERTAINTY among us all - always. And with change, comes challenge. As we broach 2009, many of us are being pushed into uncharted waters, unfamiliar and challenging and circumstances unknown to most and unlikely to be seen at any other time in our history.

So it is with hope, that by inflicting some thought provoking ideas here, together we can meet each and every challenge head on this year and with a determination like never before.

Personally, I've carried a tattered old card in my billfold for over 30 years now that "reminds me" of things important to me in my own life and the very first thing written on that card so many years ago, reads like this:

YOUR ATTITUDE DETERMINES YOUR ALTITUDE

Our lives have become so busy these days that it seems to take the time to spend some genuine, quality, quiet time with oneself is becoming a lost art. We call it an art because it takes real talent to be able to carve a segment out of our busy day with which we can spend the time in absolute silence, able to block the distractions and woes of the "outside world" and truly consider the attitude we carry within about ourselves and the world around us.

It is the author's opinion that if you can master the art of **making time for yourself** and learn to take the **TIME to focus**, you will begin to see great changes in the world around you, and most importantly, in yourself and others.

So, consider this, if your attitude can truly determine YOUR altitude – just how high can you go in the New Year ahead?

Will you see your glass half full...or half empty?

Will you be the little engine that thinks he can...or can't?

Start your own list today with those words, then refer to them often this year, and in a short time, reflect and see how things are going for you and where your thought lie upon the matter(s) at hand.

YOUR ATTITUDE DETERMINES YOUR ALTITUDE

With most folks these days, especially those of us in business, whether for ourselves or someone else, the beginning of a new year also brings on loads of new ideas, goals, anticipation, anxieties and challenges, but also a new look at ourselves, our lives or our habits, regardless of circumstances, be it good or bad.

We long to make changes in our lives, yet never quite accomplish what always seems so easily attainable as one year passes to the next – until we begin the actual journey toward what it is we want to change. Take that first baby step, making a firm commitment, challenging yourself and deciding once and for all, REGARDLESS of your circumstances, to change YOUR mind in 2009!

If you're reading this and we are well into the New Year, for the majority of people, many well intentioned "New Year's Resolutions" have long since fallen by the wayside by the end of the first week of January!

Yet, NOW more than ever, is the time to stay focused as much as possible on the things that really matter to you in your life and business.

Oh sure, you have good intentions – we all do.

You even **mean** well every year. It was no secret, you really wanted to make that certain change in your life, career, character, habits or relationships – so what happened? What was missing?

Could it be you possibly lacked that one important element that could have made **all the difference in the world** between giving up on your resolutions, your goals, your dreams, or finally leading you to the ultimate, long-lasting success you've longed for once and for all?

While many will simply "write off" or feel victimized by these challenging economic times, there are many, many more that will take on the challenges with a rigidity that others can't or won't. Those are the ones we say can make "lemonade out of all those seemingly sour lemons," many times prospering more than when times seemed "good" for just about everybody around us.

Which side will you fall on?

Will you take it as it's dished out to you, standing on the sidelines and watching other experience the successes you so desired for yourself: Of, will you step up to the challenge prepared to use **all the resources** you can muster to get done what needs to be done or to go where you need to go.

There's one important element, missing for so many these days. Those that find the fully attainable just never **quite** attainable – for them, is the inability to take time for themselves to really FOCUS **properly** on their desires and goals.

Have you ever wondered why it is that some people seem to reach their goals easily, regardless of the circumstances surrounding them, while others seem almost destined for a life of struggle?

Is the difference found in their education, intelligence, skills, timing, work habits, contacts, luck, or their choice of jobs, businesses, or financial investments?

The shocking answer is: NO, none of the above!

What most successful people possess, and many of the rest of us struggle with, is the ability to hone our own personal goals first and then properly FOCUS on the end result desired!

Let's take a look at the dictionary description of the word FOCUS:

American Heritage Dictionary - fo·cus (fō'kəs) Pronunciation Key

n. pl. fo·cus·es or fo·ci (-sī', -kī')

1. To converge on or toward a central point of focus; be focused.
2. To adjust one's vision or an optical device so as to render a clear, distinct image.
3. To concentrate attention or energy: *they were focused on their success.*
4. To concentrate: to focus one's thoughts.

Sure, we understand the term where it might relate to the focus of a camera lens, but for clarification here, we'll be using the term as it relates to "concentrating an attention or energy, to converge on or toward a central point of focus" – our lives.

You may be asking yourself, what does any of this have to do with me and my life ...and could it work for me too?

Let's FOCUS on that for just a moment ☺

*** Are you doing exactly what you want to do in your life today?**

*** Have you attained every goal you ever set for yourself?**

*** Is your life perfect and you want for nothing more?**

If you can answer YES to these questions, then information contained here is probably not for you, so you can save yourself some time and stop reading now.

But ...

If you answered NO to either, both or all three of those questions - then you NEED consider the information contained herein.

Everybody's life has its ups and downs, but not everyone is aware that they can actually DO something themselves to turn things around.

We can acknowledge that "times are tough" but we don't have to accept that for ourselves. Knowing how to focus, how to build up confidence and self-esteem, and knowing **when to exercise self-discipline** are HUGE steps toward a better life for yourself and those around you.

Now, ask yourself these questions:

*** Do I find it EASY to concentrate and focus 100% on the task in hand?**

*** Do I find it SIMPLE to exercise self-discipline when I need to?**

*** Do I feel CONFIDENT when talking with peers, partners or even my own spouse or kids?**

Well, so far, if your answers have been NO, then you have successfully passed the test for ADHD and/or ADD with flying colors. Frankly, most people would answer negatively to at least one of those questions at any given point in time in their lives anyway. Not everyone can be or feel perfect every moment of every day – or can they?

Let's delve a little deeper here, shall we?

Maybe at some point in your life you felt stuck in a rut. Possibly you feel stuck in a rut right now, and have the feeling that your life is going absolutely nowhere fast, and even faster with all the economic woes surrounding you on a daily basis. Hey, forget the measly rut, you may even feel like the world has opened up and swallowed you whole already.

Have you felt unsure about the paths you've chosen for yourself, or the choices you continue to make in your life? Do you wonder "what if" or say "if only" or repeatedly think if only I "would of, could of, or should of" all the time?

In short, what you need to ask yourself, and **answer yourself honestly** is this: Do you feel you are exactly where you want to be in your life right now?

No?

Don't worry, and don't feel bad. There are lots of other people just like you and the club seems to be expanding daily.

People have lost or feel like they have no direction right now or possibly they have a direction but just don't know which path to take or how to get there.

Perhaps today is the day that YOU can finally begin to find the answer for yourself too!

Ok, let's get down to why you are REALLY reading this. Let's look at the benefits of **focus, self-discipline and confidence** and see what we can do to make things finally work for YOU!

FOCUS

Focus is a scary word to most people, which seems kind of silly once you read the dictionary terminology. Yet, many are intimidated when they hear the word.

Being an Internet Marketer, I constantly hear and see the words "I need to focus."

What can focus do for us?

How can it help us?

Can we possibly "program" ourselves to focus properly?

No doubt, confidence, self-discipline and focus all work hand in hand with each other. It's actually hard to have one without the others.

If we can learn to focus better, it can help us in many ways we've yet to discover.

Focus can help us realise what we really want in life. It can help us make good and informed decisions. It can also help us to accept ourselves just the way we are, without feeling the need to condemn ourselves or put ourselves down in any way, shape or form for what we may perceive we lack in our lives.

Focus can help us gain confidence, power and happiness, regardless of how your circumstances might look to others.

It can also help us remain grounded and stay on track, changing confusion into absolute knowledge, and self-criticism into love for oneself.

Be aware that when you want to, you ARE able to focus on what you want, and to focus your thoughts on just anything at all. Try it now. Think about your computer. Now change your focus and think about your car. Switch focus again and think about a dog. It really is that easy to focus on whatever you want to focus on. You've willed your thoughts toward the object or subject you've chosen to focus on and you were in complete control.

I'm sure you've heard the saying: "You are what you focus on."

We all need to learn to set aside that extra time to be used to focus on that one thing we want or need to focus on the most at any given point in time.

In our fast-paced world these days, it's not a matter of "taking the time" to focus, but more a matter of "**making the time**". If we're willing to make way for the time needed, we will be able to focus a lot better on whatever it is you want or whatever task you need to accomplish.

Maybe you juggle so much every day, the job (or job hunting these days), the house, the spouse, the kids, the chores, and you ask, "how can I possibly make time for myself to focus" with all that going on in my life?

Believe it or not, finding the time to focus is easy.

You can stay up for an extra hour when all the kids are in bed and the house is quiet, or wake up before everyone else is awake in the mornings. Before you go to bed, get everything ready for your early morning "focus time" so that you don't have to run around looking for it when you're half awake.

I'm one of those people that loves my morning time, and the waking up time IS my time to focus on the tasks at hand, what expectations I have for the day.

Regardless the circumstances, if you really want to, you will **MAKE THE TIME** to focus on what's important, with absolutely no distractions at all. Develop your "want to."

Of course, this means that in order to have focus time, you have to have a plan of action ready beforehand too.

Decide when you are going to make time, and stick to it like glue. Don't let ANYTHING or ANYONE take you away from that time. If you have small

children, make sure they are asleep, or taken care of by someone else in the household.

Make sure you have everything you need all in one place, a room, or even a corner of a room where you can sit in peace. Unplug the phone, turn off the television, and don't even listen to quiet background music. Total silence is what you are seeking.

Bring along a pad and pencil for all those awesome thoughts that are going to be flowing out of you. Focus on the half full glass, not the one that's half empty.

Whatever happens around you will distract you UNLESS you learn how to focus.

Through the years, I've even developed the ability to block anything and everything out at given times and focus on a problem I need to solve, or a task I need to accomplish.

Yet, sometimes it does seem easier to just go along with these every day distractions than to focus on the end goal. Focus takes responsibility.

Remember, if you let yourself go along with the distractions, you are losing sight of your goals. Sharpen your vision of what you want or you WILL be at the mercy of your circumstances and environment, the greatest focus stealers around.

On your next airplane flight, notice what the attendant tells everybody about the oxygen masks. We all hope we never need to use the emergency mask, but if the need should arise, we are told:

First help yourself so you can in turn help those around you.

We need to remember that daily. Until you learn to focus, not only will it seem like circumstances will never change, we are also in no position to help others make the necessary changes they need in their lives.

When you want something, you have to decide EXACTLY what it is you want.!

Don't generalize.

If you don't know what you want, there's no way on earth you're going to be able to focus on it.

Maybe you want to capture that new job or client you've just met, or maybe you want to pass that driving test that you've taken and failed umpteen times, or you want to break a habit, to quit smoking or lose weight. Maybe you want to write a book, an ebook, or build a website, run your own business, be a teacher, finish school, change careers or any number of different things.

The main thing to keep in mind is that you have to **KNOW** that's what you want and then you have to set your aims high and demand it of yourself to take the time to focus on attaining whatever it is you need to accomplish.

What the mind can conceive and believe...we now know that it can also achieve.

Remember: Our attitude (toward anything) becomes our altitude (how high we decide we want to go).

Once you decide what you want, then the next step is just as important - you have to decide **WHY** you want what it is you want.

VISUALIZATION

You know, where we once allowed our dreams to soar and would say things like "Visualize yourself in that brand new Mercedes or BMW or that big beautiful house", with so many things today NOT under our control, like the economy, property values and such, we can know that "visualize yourself healthy, family taken care of and bills paid" can be **JUST AS IMPORTANT** to some as aspiring to bigger and better THINGS.

Now, please don't misunderstand, you can dream and visualize yourself in any manner you like, remember, YOU determine your altitude, so if your immediate need is to visualize yourself in front of that conference room making a full-on, top flight presentation to the board of directors, or merely visualizing the confidence you exude in that next job interview, or going after the "job of your dreams."

The visions themselves generate the "warm fuzzies" for you, right? You're just a moment away from having the outcome you desire – you can "see it" AND "feel it." now...

So THAT is why you want it, it feels good to do what you want to do, to be who you want to be or own what you want to own, going forth with the confidence that seeing what you want clearly, focused upon, is one step closer to actually having what it is you focus on.

Visualization is one of the major parts in being able to focus. If you can actually SEE yourself in the position you want to be in, then it's so much easier to focus on the task of getting there.

DECISION

Now that you know WHY you want what you want, the next thing you have to do is decide how you're going to actually go about getting what it is you seek.

What are you willing to sacrifice in the quest to get those "warm fuzzies"?

What can you do without in order to start up your own business or make the necessary changes you need to make?

How can you make your family life happier and more peaceful?

What could you use to replace a bad habit you want to change?

Sit back and close your eyes, imagining what it will be like to have what you really want in life, and think long and hard about what you can give up so that you can get where you want to go.

We all have to make sacrifices somewhere, and where many have experienced much success in the past, may find themselves facing challenges they never thought they would have to face.

Say you want or need a new car, but the only way you can afford one is if you quit smoking or trim your morning latte. Envision the car, with you and your partner driving leisurely along a tree lined country road on a spring day.

What color is the car? Is it a two-door or four-door? Is it a small red convertible sports car, a large shiny black sedan, or a decked out van that holds the whole family?

Focus on the car or what ever need or desire you have, then want it badly enough, that you WILL stop smoking (or give up anything else you choose) so you can have it!

These are all small things and perfectly attainable with a little bit of focus, but what if you want even bigger and better things than that?

Then it's time you set more goals for yourself.

First overcome the small things you've chosen to focus on, once one goal is reached, go on to the next one, then the next one, and so on.

Before long, as you've focused and obtained the smaller things you needed or wanted, you are getting that brand spanking new BMW, or the new home or job of your dreams.

Keep setting more goals; as soon as you reach the first one, move on to the next, **staying focused all the time** on what it is you want and **why** it is important to you.

Visualize it.

Reaching that first goal will give you an incredible boost of confidence, which in turn will make it so much easier to get started on the next goal.

The more goals you reach, the more confidence you will have in yourself and then **that will fuel the success of the next goal**, and the next one after that, until there are endless possibilities for you and before you know it, you've gone farther, one step at a time, than you ever thought possible when you first started this process..

Commit to yourself to focus on the important things to you in 2009, however small they may seem, and however big you want to dream.

COMMITMENT

Start off by writing down each and every goal you WANT to reach in your lifetime. I mean it...in your lifetime, regardless of how long you think that is going to be, however big or small, **WRITE IT DOWN.**

Then, **COMMIT TO IT!**

Then **write a daily plan** for the goal you want to reach first.

Write the plan before you go to bed at night, it gives your brain time to take it all in and work with it. This doesn't mean you go to bed with worry, fretting over the direction you should take.

PLAN IT, then meditate on it, even briefly, and this will allow your subconscious mind to communicate to your conscious mind.

It's amazing what the brain can do when we are sleeping.

Also, writing the plan the night before helps free up that time during the next day so that you can purely sit and focus on the task at hand.

Be specific as possible.

Make the plan a numbered list and cross each item off as you finish it. You'll be amazed at how quickly you get through it this way.

Once you've reached the outcome you want, move on to your next goal following the same pattern as before.

If you find your thoughts wandering in your "focus time," take a break, write down your thoughts and put them away somewhere for future reference. Remember the "tattered old card" trick I referred to earlier.

If you find there are multiple things you can do to attain your goals, figure out which of them is the one most likely to help you get there in the shortest amount of time possible.

Right now, put the others on hold, they may come in useful when you're aiming for that next goal and will provide a basis for what to aim for as you go forward.

If you **lock your focus**, and make a habit of never giving up - sticking with it for as long as it takes, **you WILL succeed**.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."
- Aristotle

If you stick to one thing, one goal and focus on that one item, it's virtually impossible to not reap the rewards of your actions.

Don't skip any steps and certainly don't forget to write it down..

Be as specific as possible.

Commit to it and never give up!

SELF-DISCIPLINE

Besides making a commitment, to really be able to focus, demands a lot of self-discipline too.

Remember that your outcome (altitude) depends almost wholly on YOU (your attitude), and NOT on the world around you.

It's a proven scientific fact that If you want something badly enough you WILL do everything in your power to get it.

And it's the "want to" that requires the most discipline of us.

Self-discipline, used in this context, is basically allowing yourself do what you WANT to do at a precise moment in time to be able to reach your goals more quickly.

Remember that **YOU are the boss of your attitude AND your actions.**

"Failure seldom stops you. What stops you is the fear of failure."
- Jack Lemmon

YOU are the one who is in control. So ultimately, YOU decide what, when and where to do the things you need to do to achieve your ultimate success.

Your ability to **manage your actions** is directly related to the level of success and happiness you will experience throughout your life.

"Managing your actions" is commonly known as the exercise of self-discipline.

Self-discipline is NOT about restricting your lifestyle, depriving or punishing yourself. It's about being able to work with your own thoughts, attitudes, and behaviours, combined with **ACTION** in order to reach the goals that you desire to reach as well as the time frame you want to see it accomplished.

Not having self-discipline is one of the main reasons why we fail at what we want to do, both professionally and personally.

Excuse-making often creates a lack of self-discipline. **NOW** is the time to drop ALL your excuses and start keeping habits that, in themselves, will create the kind of self-discipline you need to make things happen for yourself.

Make routines that you know you are capable of sticking to, and keep them.

How do you attain self-discipline?

A few smaller options you might start with could be: Getting regular exercise; Deciding it's time to practice better, healthier eating; Learning to spend less money; Do one small task, to move toward the bigger task at hand.

It could be something like deciding to learn something new every single day or just getting up an hour earlier than you normally would to spend time with yourself.

It also includes MAKING and TAKING the time to focus!

Having self-discipline will help you to complete the most boring and mundane of the tasks needed to get you to the bigger goals you are focusing on.

Should you find yourself sitting and thinking thoughts like "Oh, I'll just do this instead" or "I can do that some other time" when you are working on your goals *then **STOP**, take a deep breath and remember you are capable of monitoring and exercising self-discipline.*

Procrastination is the lack of self-discipline parading as an excuse.

FOCUS

Purpose yourself to be more disciplined not only in action, but in your thoughts as well. When that first thought of self doubt comes up, snuff it out – right then. Do NOT give it time to root and continue to grow in you.

Remember, YOU ultimately maintain the power and control over yourself, your thoughts, and your actions.

CONFIDENCE

Before we start on the subject of self-confidence, please keep one thing in mind;

Confidence and arrogance are two totally different things.

Arrogance is NOT a "quality" you should strive for and it certainly won't help you reach your goals any faster, and most certainly, in some circumstances, will even slow you down considerably.

If you confuse the two, you will most certainly become a very unhappy person and have very few real friends.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou

Don't let your lack of confidence lead you to a life of arrogance in an attempt to compensate – it just won't work.

Confidence in oneself, or the lack thereof, is what stops people from getting tightly focused on what they really want to achieve in their lives.

That little voice telling them they *can't* do something is their biggest UN-motivator and is an indication that you are lacking the confidence you need.

What are some things you can do, that monetarily cost you nothing, and yet go a long way toward eliminating self-doubt and gaining more confidence in yourself?

Confidence Boosters

Let's look at the following tips designed to eliminate doubt while boosting your confidence and self esteem:

1. Love Yourself:

This can take a bit of practice and looks really funny, but try it, it works. When you wake up, give yourself a great big hug. Do the same when it's time for sleep.

You've heard this said a million times before: "How can you expect others to love you if you don't love yourself?"

It's true. Practice the morning and evening hugs for 2 weeks, maybe even 3 weeks if you're the stubborn type, and you'll see how well it works.

2. Look In The Mirror:

Every time you pass a mirror, look into it and flash your biggest and best smile at yourself. This too, might feel strange at first, but eventually it'll make you feel brilliant about yourself. Tell yourself "Looking good!" or "Wow, I really love me!" or similar phrases often are enough to actually start believing it, if you don't already.

3. Do Things That Make You Feel Good:

This can be anything from listening to music, trekking in the Andes, doing some volunteer work or even just taking a shower. Anything, however small, that gives you a positive feeling about yourself works for this one.

4. Listen To YOU:

Face it. Nobody knows you better than you know yourself, no matter how many people try to tell you differently.

So if your body, mind or gut is telling you something, then **take notice** of it, and don't worry about what other people may possibly have to say about it...they won't be around to pick up the pieces if you go against your own gut instincts and fail.

5. Talk To YOU:

In times of stress, take a time-out break. Wander into your own mind and have a conversation with yourself about anything at all.

Tell yourself how lucky you are to be you, and praise yourself for every good and positive thing you can attribute to yourself.

6. Remove The Negatives:

If anything (or anybody) feels like it's dragging you down, get rid of the influence it has over you.

If it's clutter, tidy up. If it's a friend full of negativity explain nicely that you don't really feel up to talking right now. If it's your kids acting up, leave the room for a while, and so on.

7. Surround Yourself With Positives:

Surround yourself with all the things that bring out good feelings in you.

Examples could be things such as happy, upbeat friends, a nice new picture, a clean car, an old comfy blanket, candles, pictures of your family, your girlfriend, boyfriend, spouse, and etc.

8. Let Rumors Die:

Did you hear something about somebody who said something about somebody else, somewhere?

Drop it! Rumours are nasty, horrible things that will only bring you down. What's the best way to kill a rumour?

Ignore it!

9. Have Total Honesty With Yourself (And Others):

Be totally honest with yourself at all times.

If there's something you don't like, admit it.

If there's something you don't want to do "right now" and it isn't necessary for health and safety reasons, don't succumb to pressure, just don't do it until you feel better about it.

The same goes for the positive aspects. If there's something you want to do, and it's not hurting anybody, then go ahead and do it.

If you start feeling great about yourself for no apparent reason, simply acknowledge it and enjoy the feeling it brings you.

When you get a compliment, accept it and thank the other person for their keen observation.

10. Responsibility:

Take full responsibility for your own actions. Don't shove the blame for anything over onto someone or something else.

We all make choices in our lives, and once we take responsibility for the choices we are capable of making, we tend to choose better for ourselves.

Once we start to choose better, we feel better and things start falling into place. On the other hand, don't take over someone else's responsibilities just because you feel "you have to".

11. Pretend To Yourself:

If you feel unsafe, unsure or nervous then go inside yourself and pretend you're a hot-shot lawyer, actor, actress, singer or whatever you need to be.

Make believe you're presenting yourself as that person would, until you feel better.

Trust me, you WILL feel better, and eventually have no need to be anything but yourself.

12. Keep Trying:

If you're trying to do something but don't get it right first time round, then try again, and again, and again, if that's what it takes.

Constantly learn from your mistakes until you get it right.

When you finally DO get it right, you'll feel wonderful and confident about it, enjoying the triumph more than remembering the mistakes you made before you got there.

13. Give Credit Where Credit's Due:

If you've done something really good, and people compliment you on it, accept the compliments with thanks! Understand that they're complimenting because they really ARE impressed with what you've done.

Believe in you and give yourself a pat on the back. (Although physically it would probably be easier to just give yourself a round of applause). In fact, the next time you feel you deserve credit, applaud yourself. If anything, it will certainly make those around you smile...

And a smile can be just the confidence booster you need to continue on.

14. Stand Tall:

Standing up straight will ALWAYS make you feel better about yourself than slouching does.

Stand with your feet slightly apart, suck in your tummy and behind, broaden your shoulders and straighten your neck. It's an amazingly quick and easy confidence booster, every time.

15. Say Hello:

Make it a rule to say hello to at least one person you don't know EVERY day!

Give them the smile you flash at yourself in the mirror, the biggest and best one you can find. They'll smile back automatically, and then THEY will walk away with a little extra confidence boost, all thanks to you. (you can applaud now)

People look their best when they smile, and they also feel better by smiling too!

This ultimately means you get a confidence boost, they get a confidence boost and everybody walks away feeling good about themselves.

16. Never Say Never...EVER:

If you think something can't be done, then you'll end up *proving yourself right*, eventually.!

So never, say never and just keep plugging along until it works for you.

If other people are telling you it can't be done, you're going to feel such immense satisfaction at actually doing it that your confidence will soar – and you proved them wrong.

17. Get Active:

Don't sit around the house just doing nothing.

Get up, go out, cycling, walking, exercising, anything that might invigorate your brain.

A lively brain full of thoughts will help you feel better about yourself and gain more confidence.

18. Eat "Happy" Food:

Happy foods, such as chocolate, strawberries, lemons, ice-cream and etc. will increase the serotonin levels in your brain, leading to an increased feeling of happiness.

Feeling happy is a natural confidence boost. So go on, enjoy your food (In moderation, of course)!

19. Face Your Fears:

Is there something you are afraid of? Face it full on.

Doing something scary and overcoming the fear is a fantastic way to boost your confidence.

So go on, jump out of that plane (with a parachute of course), drive that car, speak in front of a large crowd, ask for a promotion, or whatever it is that scares you.

Feel the fear – and do it anyway.

You'll feel absolutely brilliant once it's done and you're on the other side.

20. Willpower:

Create a goal that you really want to reach. Possibly something like weight loss before a certain time, giving up smoking or having a certain amount of money in the bank within so many months, and etc.

Take baby steps, and use your willpower until you succeed at reaching your goal.

It will be really hard, as willpower can be very elusive at times, but keep going and DO NOT GIVE UP.

Once you have reached that first goal by using your willpower you will have the confidence to create new goals AND reach them, too.

21. Ask Questions:

Any time you find yourself worrying about something you haven't done, or something you think you should have done, ask yourself positive questions.

Instead of thinking "I'm terrible for missing my friend's birthday" think "What can I do to make my friend feel special after the birthday?"

Or, instead of “Why can’t I ever seem to do things on time?” change it to “What can I change to better manage my time?”

Creating positive questions will release the negative energies which have a tendency to pull down along with your self confidence.

22. Learn What You Can:

Accept that not everything works out the way we plan it.

Decide to accept any mistakes and rejections as simply part of a learning curve that we all need to go through at some time or another.

Without mistakes, you can’t learn from your own experiences.

Remember, experience builds confidence, so always learn as much as you can.

23. Make Lists:

Write a list of every single thing you're good at, anything from clipping the dog's toenails to putting up a shelf.

Take the time to sit and actually think about what you ARE good at and add them all to the list.

You'll be surprised at how many things you end up jotting down, no matter how minor or trivial they may seem at the time, add it to your list.

Whenever you have a spare 5 minutes, or if you're feeling a little low, take the list out of your pocket or off the refrigerator and read it.

This is one of the greatest little ways to give yourself a nice confidence boost.

List your accomplishments, no matter how small, and refer to them often to remind you how far you've come.

24. Help Others Out:

There are lots of ways to help others, and feeling useful and helpful the greatest simple ways of building your confidence. Just make sure you do things because you WANT to do them.

You could call a good friend who may be down at the moment-even take them out for coffee to brighten both your days.

Or you could possibly help out at a senior citizen's home or similar. Knowing that people appreciate your help will also boost your confidence for sure.

25. Show Others The Way:

Think of the one thing you do best of all.

Think long and hard about this one.

Thought of something?

Now, find a discussion group or something similarly related to that topic and spread your wisdom by answering questions, offering advice or offering help to anybody needing it. And, if you can't find a group, you could even start one yourself.

People will look up to you and that will give you all the more reason to feel good about yourself and when you feel good about yourself, you are more confident with yourself and in the things you want to accomplish.

When times are tough all over, now, more than ever we need to extend a hand – help someone out – offer assistance where you can. When the going is rough, it is then that you realize that YOUR MIND will sustain you.

Problems are only as big as you allow them to become, so FOCUS on taking control of your mind, your circumstances, your surroundings, and then take know that ultimately, you'll take control of your LIFE.

In Conclusion

...And the end of the our story on FOCUS?

Well, I happen to personally believe that, ultimately, YOU can do anything you set your mind to, want to do, and commit action to doing.

You can be anything you want to be and go anywhere you want to go.

All you need is the confidence in yourself, exercising some self-discipline, and the ability to **FOCUS on the things important to get you where you want to go..**

And now you have the insight and tools with which to just do it...

...so get out there and **Get It DONE!**

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