



## SELF-CONFIDENCE FORMULA

(adapted from Think and Grow Rich by Napoleon Hill)

### **First: *I demand of myself persistent, continuous action***

I know that I have the ability to achieve the object of my desire, I know that it is meant for me and available to me, therefore I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

### **Second: *Align my behavior with my goal***

I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, I will concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person and aligning my behavior, vibration and emotion with this person.

### **Third: *What I desire is naturally meant for me***

I know through the principle of auto-suggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object behind it, therefore I will devote ten minutes daily to demanding of myself the development of SELF-CONFIDENCE – reminding myself that what I desire is naturally meant for me.

### **Fourth: *My definite chief aim in life is clear and in focus***

I have clearly written down a description of my DEFINITE CHIEF AIM in life, and I will never stop acting toward this aim, until I shall have developed sufficient self-confidence for its attainment. Reminding myself that *what my heart desires is naturally meant for me*.

### **Fifth: *I build my relationships on mutual benefit***

I fully realize that no wealth or position can long endure, unless built upon truth and justice, therefore, I will engage in no transaction that does not benefit all whom it affects. I will succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I will induce others to serve me, because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness and cynicism, by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me, because I will believe in them, and in myself.

I sign my name to this formula, commit it to memory, and repeat it aloud once a day, with full FAITH that it will gradually influence my THOUGHTS and ACTIONS so that I will become a self-reliant, and successful person.

Signed \_\_\_\_\_



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*I ask not for more riches, but for more wisdom with which to receive and use wisely the riches I received at birth including the power to control and direct my mind to fulfill each and every one of my desires.*

*I give thanks and live in gratitude knowing I am fully supported in all my desires and in every moment I am being shown the way forward. This life is my gift and I give it wholly and fully from an abundance of riches.*

**My definite plan and inspired action for easily and effortlessly receiving**

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**And the sum of** \_\_\_\_\_

**By** \_\_\_\_\_ **Is:**

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