



## Build Your Confidence

When you are unsure of yourself, you become nervous, upset, and tense, which are enemies of relaxation. Confidence comes from believing in yourself. Evaluate your background and find out why you are putting yourself down. You will probably realize there is no reason for it.

Just pretend confidence long enough and you will be confident. Study self improvement books and tapes, and never put yourself down, or give up on yourself. Here is a great confidence building report.

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I am a human being. I am an individual. I am a man/woman. I am valuable. I am important. You are valuable, you are important. I have needs. you have needs. I am good and bad.

You are good and bad. I can be happy. I can cry .I can be strong and weak. I can love. I can be sexual. I need to be loved. I need to be angry. I need to be afraid. I need to be wanted. I can think for myself.

I can trust my feelings to be right. I can be cruel. I can be naive. I am me. There is no one else like me on this Earth. I am unique. Why should I put myself down? I have power. I know how to \_\_\_\_\_ (insert your experiences).

I am not even with everyone else. I am me. I am what I think. Every day in every way I am getting better and better. I am the best I can be. I have faith, integrity, hope, optimism, courage, initiative, tolerance, and tact.

I will keep my mind only on what I want and the POSITIVE. I don't blame the world. If I am right, the world is right. It is my burden to find what is right and wrong, and to know what is good and evil. To do this I will seek help from my God.

I will concentrate on the positive emotions of desire, faith, love, sex, enthusiasm, romance, and hope. Anything in life worth working for is worth praying for. I am in good health. I eat right and exercise regularly. I feel healthy, I feel happy. I feel terrific.

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