

GOT

CONFIDENCE?

*How and Where to Get the Kind of
Confidence that Attracts the Good Things
You Want in Your Life.*

Cynthia Parrott, HHC



Have you ever watched someone enter a room as if they owned it? Even a room filled with strangers. There was something about the way she looked. How she walked. The way she held her head high and gazed and smiled at everyone. It wasn't arrogance or conceit - *I've arrived and everybody look at me!* Nope. It was something else. Maybe she wasn't the most attractive or best dressed woman in the place, but there was *something* about her.

What was it?

She had a way about her - an attitude that you and others could not help but notice. And, you felt drawn to her for reasons you couldn't quite explain.

It's called Confidence.....

Some folks have it. Some folks don't. If you don't have it, you wish you did. And people notice when you don't have it. Maybe not right away, but eventually. You really can't *fake* confidence for very long. Confidence directly impacts everything in your life – including your relationships, your success, your career, and even your health and wellness.

Confidence is like a magnet – continuously attracting good things to you. People naturally gravitate toward a confident person. They want to be with and work with someone with confidence. Confidence draws attention and even trust. Folks are willing to spend big money on programs, goods or services from a confident person.

I had very little confidence in myself as a child growing up. I used to be so insecure that I was irritating and depressing to be around. And some people treated me poorly because I had such a poor opinion of myself and my capabilities. I never thought anything I did was *ever* good enough and somebody else could definitely do it better.

What I didn't realize at the time was that my lack of confidence made me stick out like a sore thumb and in some situations, it was open invitation to be mistreated. And all that self-doubt held me back for years and set me up for disappointment and failure.

I am confident now, but I taught myself how to be that way. How? I didn't just go out and grab confidence from the shelf and instantly apply it. I knew I needed it, but I was also well aware that it was going to take time and hard work. I had to change quite a few things in my life and most importantly, change the way I thought about myself.

The thing about confidence is – nobody is actually *born* with it. It's something that develops over time. Growing up in an environment filled with support, praise and encouragement might help to boost your confidence, but true confidence comes from within.

My parents always told me I was wonderful and beautiful and special and capable. I should've been the most confident person in the world based on how they built me up as a child, but no matter what they did or said, I didn't believe them or anyone else. I was missing something deep within that no one could give me. No one except myself, that is.

Confidence is an *unshakeable* belief in yourself and your power. *No matter what*. Even when people tear you down or insult you. Even in the midst of your fears, faults and failures. Confidence is what keeps you going. Confidence is a lot like faith. It might be tested or shaken a bit, but if it's *real*, you'll never lose it. And confidence, more than ability or talent, is the key to success.

Confidence can be a self-fulfilling prophecy as those without it may fail or not try because they lack it and those with it may succeed because they have it rather than because of an innate ability or talent.

Take a moment and think of a confident person –that certain someone who, in your opinion, exudes confidence. Choose someone you know personally – not a celebrity or an athlete or a person you read about in a magazine. It could be your best friend, sister, a neighbor, your boss or a co-worker.

What do you think makes them confident?

Success? Wealth? Beauty? A great body?

Confidence is attractive, it makes you attractive and it attracts good things to you.

You might be surprised to learn that confidence doesn't come from what you do, what you have or what you look like.

It comes from knowing who you are as a wonderfully unique and gifted individual and what you're capable of accomplishing because of who you are!

I remember a guy once told me, "Nothing is more beautiful than a woman who is confident and completely comfortable in her own skin; regardless of her looks, her shape or her size."

That had to be one of the most profound statements I'd ever heard. And...it changed my life, because that's what I wanted - to be confident and comfortable in my own skin – regardless of my looks, my shape, my size or anything else. I was on a mission to find out *exactly* what confidence was, how to get it and how to make it work for me.

What Does it Mean to be C-O-N-F-I-D-E-N-T?

Confidence comes from feelings of well-being, acceptance of your body and mind (self-esteem), and belief in your own ability, skills and experience. People who are confident share these important characteristics:

C- CAPABLE

Confident people are capable. They know they are good enough, competent, and can handle life's situations.

Admitting you are capable also means knowing that if you cannot handle a situation completely on your own, you can find out where to get the necessary help, information, or skill.

Knowing you are your greatest resource protects you from stress. Believing you are capable means that whatever the task, you will handle it. By believing in yourself, you can face life with complete assurance.

O - OWN IT

Confident people own their opinions, emotions, feelings, words, and even their choice of dessert. You're you, you want what you want, and you do what you do. No apologies. No explanation.

N – NURTURE THEMSELVES

Confident people believe in their value and worth. They feel they are worth the time, money and energy required to nurture and support themselves in their fulfillment and growth.

This could be things like taking a class to learn something new, taking time out to exercise, having quiet time to re-energize and rejuvenate, or pampering themselves with a massage or manicure.

F- FULLY PRESENT

Confident people engage in the present moment when they are with others. They are not concerned nor do they think about how they look, sound, or feel. And they're not concerned with what other people think either.

Constantly thinking about what you feel or look like takes you out of the moment. Practice not thinking about the past or the future. Concentrate on what's in front of you -- there's probably something exciting about it.

I- INTEGRITY

Confident people are true to themselves. They honor who they really are and will do things that honor their true selves, despite what others may say or think. When people are true to themselves they feel more comfortable, and that produces confidence.

D – DEMEANOR

People with confidence have a physical presence. It shows in their posture, body language, eye contact, and dress.

If you look like a confident, capable person, people will treat you accordingly, and eventually you will start to feel it too.

E- ENDURE

Confident people don't give up. They take risks, know they will make mistakes, and that sometimes they will fail.

Everyone makes mistakes and fails. If you don't, you're not trying hard enough. Don't think of these as mistakes and failures as negatives, but rather as learning opportunities. Because confident people remember that beneath their failures, mistakes and missteps, they are capable.

N – NOT ARROGANT

Confident people are not arrogant. Arrogance is detrimental to interpersonal relationships. For people who are confident it's not about getting the praise, attention, or being better than others.

Confident people lift others up. They give others credit for their work, encourage progress, and offer compliments and sincere praise.

T- TAKE ACTION

Confident people take action. We all want to do or try certain things but fear we may fail. These feelings are normal. The difference is that a confident person will act on their ambitions and desires and will not let the fear of failure stop them.

The more you take action, the more your confidence grows. You try something and are successful, and the next time around it feels easier to do it again.



Confidence is really about YOU being completely and unapologetically YOU! In order to be YOU, you need to get to know yourself. Try this confidence building activity:

Confidence Activity: "Who Am I?"

Just as every snowflake is one-of-a-kind, so are you. There is no one else like you. Of all the 7 billion people in the world, there is none other than you. No one else feels completely the way you do. No one else sees things as you. No one has had the same experiences as you. You are extraordinarily unique.

To further explore and discover your true self, answer the following statements:

1. I am...

2. I am at my best when...

3. The best thing that could happen to me is...

4. People notice that...

5. When I am proud of myself, I...

6. I am very happy that...

7. I get lost in time when...

8. I look forward to...

9. I am passionate about...

10. I am good at...

11. I wish others knew...

12. I am happiest when...

13. I am proud that...

14. I would like to...

15. Five adjectives that describe me are.....

Did you like this book? Then you'll love my GOT CONFIDENCE? audio program in which you'll dive even deeper into developing the confidence you want and need – the kind that attracts the good things you want in life. Whatever it is that you want– success, healthy relationships, health and wellness, permanent weight loss

CONFIDENCE is the key.



I am putting the finishing touches on the GOT CONFIDENCE? audio program right now and when it's ready to go – you'll be the first to know!

Wishing you everything that's good,

Cynthia

About Cynthia.....



Cynthia is a Holistic Health and Wellness Counselor on a mission to help others transform from the inside out so they can finally start living happy, healthy, exciting lives. She is a kind, energetic and dedicated coach and companion. She works with clients who wish to improve their health and wellness, prevent sickness and disease or achieve permanent weight loss. She teaches that self-love and acceptance is the key to true health, happiness and success. Her clients are successful because she offers easy, practical advice, alternatives and solutions based on their specific needs, concerns, goals and lifestyles. .

Cynthia has been in private practice for fifteen years. She received her training and credentials from The New York Institute of Technology, The Institute for Integrative Nutrition, Clayton College of Natural Health and Oasis Health Center for Healing, Education and Personal Growth. She is certified as a Health Counselor and also board certified and recognized by The American Association of Drugless Practitioners as an expert in the health field as a Holistic Health Practitioner.

Feel free to follow Cynthia on [Facebook](#), visit her website at www.truemetamorphosis.com or contact her directly [here](#).