

The Self-Confidence Formula

First, I know I have the ability to achieve the object of My Major Definite Purpose in life, therefore, I demand of myself persistent, continuous action toward its attainment, and I, here and now, promise to render such action.

Second, 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 per day, visualizing & thinking of the person I intend to become, thereby, creating in my mind, a clear mental picture of that person.

Third, I know through the *Principle Of Autosuggestion*, any desire I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it, therefore, I will devote ten minutes per day to demanding of myself, the development of even more self-confidence.

Fourth, I have clearly written down a description of My Major Definite Purpose in life, and I will never stop endeavoring until I have developed sufficient self-confidence for its attainment.

Fifth, I fully realize no wealth or position can long endure, unless built on truth & justice, therefore, I will only engage in transactions that benefit all whom they affect.

I will succeed by attracting the forces I wish to use & 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 having 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 will sign my name to this formula, commit it to memory, and repeat it aloud at least twice per day, with FULL FAITH that it will gradually influence my thoughts and actions, so I will become an even more self-reliant and successful person.

Name: _____

Date: _____