Self-Confidence Formula

# First:

I know that I have the ability to achieve the object of my Definite Purpose in Life. Therefore, I DEMAND of myself persistent, continuous action towards 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 a physical reality, therefore, I will concentrate my thoughts, 30 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.

# Third:

I know through the principle of autosuggestion, any desire that 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 10 minutes daily to demanding of myself the development of SELF-CONFIDENCE.

# Forth:

I have clearly written down a description of my DEFINITE CHIEF AIM in life, and I will never stop trying, until I shall have developed sufficient self-confidence for its attainment

# Fifth:

I fully realize that no wealth or position can long endure, unless built upon truth and justice, therefore I will engage in no transaction which does not benefit all whom it affects. I will succeed by attracting 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 a negative attitude towards 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 to memory, and read it aloud once a day, with full FAITH that is it will gradually influence my THOUGHTS and ACTIONS so that I will become a self-reliant and successful person.

Dates read:

5/3/2022

5/4/2022

5/5/2022

5/6/2022

5/7/2022

5/8/2022

5/9/2022

5/10/2022

5/11/2022

5/12/2022

5/13/2022

5/14/2022

5/15/2022

5/17/2022

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6/23/2022

6/26/2022

6/27/2022

6/28/2022

6/29/2022

7/1/2022

7/2/2022

7/5/2022

7/6/2022