

SELF-CONFIDENCE

40-MINUTE CONFIDENCE & SELF-ESTEEM GUIDE



www.jimmynaraine.com

Lecture 5 – FEAR OF REJECTION

- Everybody has fear and it is completely normal
- Accept it as soon as possible
- Thinking about fears for too long without any action leads to paralysis, which in turn triggers the feeling of low self-esteem
- Once you take action and face your fear, you realize that it is not as big as it seemed to be
- The most common type of Fear is - **FEAR OF REJECTION**
- Many people are afraid of the fear of rejection e.g. Fear of talking to strangers, afraid to go to dinner parties, accepting speaking gigs, etc.
- Fear of Rejection is just about your perception and you can bend your perception to your will, once you put some effort into it
- Everybody experiences rejection as it is the nature of human beings. Everyone is different, you cannot please or seek validation from everyone

HOW TO FACE IT?

1. **EMBRACE** the fact that people **WILL** reject you
 2. **ACCEPT** it
- Rejection works as a great pre-selection mechanism - this perception helps to reprogram your mind and rejection becomes a less scary concept
 - Most of the time rejection is NOT about you. It may be about the situation or the other person. For example, people do not acknowledge your presence and in your mind, your value decreases - you need to realize that most of the times it could be because of something else - it could be because of the situation or the mindset they are in

- If someone rejects you in the first few seconds, it is not even real rejection as they do not even know you!

In the context of your own life, **WELCOME** Rejections. Put less importance on the outcome. Assume that people and situations are different and you will face rejection. Be mentally prepared for it and understand that it probably was for the better!

Lecture 6 – Confident Body Language

NON-VERBAL signals or Body Language is extremely important to feel and appear confident.

Strategies to implement confident body language:

1. POSTURE:

- Slouching not only appears terrible but also sends a signal to your mind that you are not confident and has a tremendous impact on your emotions
- Right body posture not only appears confident but also makes you feel confident to face various life situations including tough challenges head-on.

TYPES of postures/positions:

Closed: Appears defensive/shy and lacking confidence

Open: Appears resourceful/people find you approachable

Hack: Make a conscious effort to watch your posture at frequent intervals and ensure it is open

2. Eye Contact

- One of the most important traits of confident people is that they can maintain direct eye-contact
- Sometimes maintaining direct contact may make you feel uncomfortable or lose your composure
- *Hack: In situations like above, you can gaze at the person's forehead and still feel and appear confident*

- While talking to a group of people, it is important to maintain eye contact with each one of them at least for a few seconds, to make them feel welcome, acknowledged and respected

3. HANDSHAKE:

TYPES of handshakes:

1. Palm down handshake: Makes you appear domineering, puts the other person in a defensive position
2. Palm up handshake: Makes you appear submissive to the other person

Hack: When you meet someone for the first time, make a firm (not too firm, but just right) handshake, look directly into their eyes and smile

In a nutshell, when you meet someone for the first time, it is human to judge someone based on body language and it is important to appear confident to make a good first impression.

Lecture 7 – Negative Self Talk

- You can choose what you focus on by working on it consciously
- Catch yourself thinking negative thoughts and reframe your thinking to focus on the positive
- Think about all of the things that you are grateful for. Gratitude will always shift your state in a powerful way
- Hack: *Set some reminders throughout the day to focus on the positive - put a note/wristband, etc.*
- Focus NOT on the problem but on the SOLUTION
- When you change your perception of reality to more positive it will lead to more power and increase in your self-esteem

- Fake it till you make it!
- *Hack:* Create a winning state of mind by sending the right signal to your brain. Eg: Wow, I feel tremendous! I feel great! Vs. I am fine

Lecture 8 – Anything is possible

- Very often certain things feel impossible at first and then you make them happen. Whatever a human mind can imagine, it can create or accomplish!
- Negative internal dialogues are NOT real and need to be destroyed RIGHT AWAY. Switch your internal dialogue into something positive and empowering
- Whatever other people have achieved, you can also achieve by following the right processes and embracing the discipline to do the uncomfortable. The truth is that all the resources are already available
- REFRAME how you perceive reality and what is POSSIBLE for you
- All the great inventors had enough self-belief and belief in the universe to change the status quo and go after what they wanted to achieve. Embrace the same mindset

Lecture 9 - How to Handle Daily Social Interactions

- Most people are not conditioned to handle daily social interactions with confidence
- You can learn it by pushing yourself on a daily basis - step by step
- Take on a “three strangers a day” challenge
- *Hack: Start by small, quick conversations and push yourself step by step - eventually it becomes your second nature. It may take a few weeks or months, but it will happen!*
- Over time, your mind becomes conditioned to do it

- You start seeing things in slow motion and get a better understanding of social dynamics. You start feeling like Neo dodging bullets in the Matrix :)
- You will be able to predict certain conversational patterns, which will, in turn, help you to think faster on your feet and appear more relaxed

Lecture 10 – Practicing Gratitude

- There is a strong connection between gratitude and feeling confident
- We take a lot of things for granted which other people struggle to get in life
- It is always good to pause for a moment and look around to realize you should be grateful
- When you feel gratitude, your level of energy increases and you feel better about yourself and your confidence soars
- It is important to do it over and over again to condition yourself to always see the glass as “half-full”
- *Hack: Take a piece of paper and jot down everything that you are grateful for. Record the audio of this list to take everything to the next level*
- When you delve deeper, you realize that you already HAVE so much -> it makes you feel better
- In moments when you feel down and need a spark of confidence, you can come back to this file, listen to it and instantaneously feel better about everything
- TRAIN yourself to notice these small things of gratitude around you and you will see your confidence increase!

Lecture 11 – Being Vulnerable

- Vulnerability mindset and making yourself vulnerable in front of people is a very powerful strategy to bond with one another

- Many people try very hard to always have a “confidence mask” on. They are afraid to share any true fears or weaknesses, because of potential judgment and rejection
- What they don’t realize though is that “confidence mask” is creating a wall between them and other people. After all, it is difficult to share your emotions and open up to such people as they are perceived to be “bulletproof”, which can often feel intimidating
- Being vulnerable on the other hand, makes people open up to you. It also makes it easier for them to connect with you as their true selves
- It may be uncomfortable and not easy to talk about your fears, weaknesses, and self-doubts, but it is great bonding experience at a deeper level
- *Hack: Figure out how you can open up more in your interactions with other people - maybe share a personal story or a weakness, etc. to experience strong bonding with people. Remember, start small, but make sure that you do something*
- EMBRACE VULNERABILITY and see your level of connection become stronger with people

Lecture 12 – Why I’m Great List

- Most people overestimate others and underestimate themselves
- It is important to recognize your own power
- *Exercise: Think about and jot down all of the things you could be proud of - even the small ones. Once you do it, read this list out loud using the power of your emotions*
- Within a few minutes of this exercise, your state of mind will start shifting. You will begin to summon all the positive emotions and feel better about yourself
- Your perception of reality will change and you will start to feel and appear more energetic and confident

THANK YOU

WWW.JIMMYNARAIN.COM

