



Great Traits

# HOW TO DEVELOP HEROIC SELF-CONFIDENCE



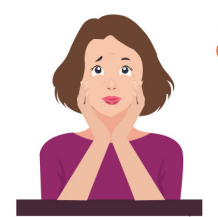
**Write down your top 3-5 values.** For example: collaboration, creativity, honesty, winning, nature, whatever—they are your values, not someone else's. Use them as a guide, reviewing them after your achievement list and strengths daily. Review that daily as you think about what you want to achieve in your life.



**Think about your strengths.** Think about what you and your friends would consider your strengths and weaknesses. Think about the opportunities and challenges you face. Reflect on your strengths, and add this to the bottom of your achievement diary. How did you improve on your weaknesses? Can you apply some of the ways you became stronger in other areas?



**Put these into a document,** review it first thing in the morning, everyday. This programs your confidence engine over time.



**Remember, everyone knows fear.** Some people let themselves be pulled more by desire and growth than pushed by fear, and that is a matter of choice and practice, because you can only have one main emotional driver at a time. Focus on it so you control what it is.



**Don't worry,** there won't be a ton of other steps, just these simple same ones every day. That's how Tomoe did it, the core principles are the same for any successful individuals. It will work for you if you stick to it.

**Setting and achieving goals is a core part of solidifying self-confidence.** Goal setting is the process you use to set yourself targets, and measure how successful you are in hitting those targets so you can adjust what you are doing until you hit the center.



**Set goals that focus on your strengths,** minimize your weaknesses, realize your opportunities, and control the challenges you face. Remember the other side of achievement: focus and elimination. Try to focus on no more than 3 big goals at any one time.

**SPECIFIC**  
Target a specific area or outcome you want.



**Goal Setting Strategy**  
Use the SMART framework to set goals



**TIME-RELATED**  
specify when the result can be achieved.

**MEASURABLE**  
Quantify or at least suggest an indicator of your progress.



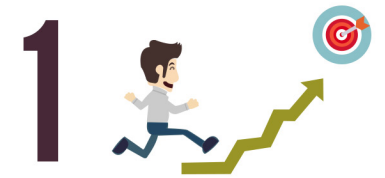
**REALISTIC**  
State what results can realistically be achieved, given available resources.



**ACCOUNTABLE**  
Discipline yourself to take responsibility for it, even share it with friends if you find it helps.

## GOAL SETTING STEPS

## STEP 2: TAKE ACTION!



**1** Identify the first step in each goal. Make sure it's a very small step, perhaps taking no more than an hour to complete.



Start with small, easy wins,

To put yourself on the path to success – and start building the self-confidence that comes with this.

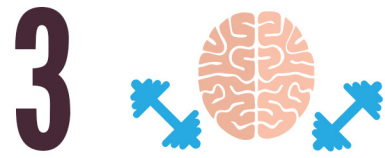


**2** Start managing your mind. Learn to pick up and defeat the negative self-talk which can destroy your confidence.



Build the Knowledge you need to succeed.

Looking at your goals, identify the skills you'll need to achieve them. And then look at how you can acquire these skills confidently and well.



**3** Spend 5-10 minutes a day creating strong mental images of what you'll feel and experience as you achieve your major goals (after reviewing your log).



Don't just accept a sketchy, "ok" solution

Look for a solution, a program or a course that fully equips you to achieve what you want to achieve. Ideally one that gives you a certificate or qualification you can be proud of.



**4** Make a clear promise to yourself that you are absolutely committed to your journey, and that you will do all in your power to achieve it.