



# Confidence for Success: Improved Self-Confidence in Personal Life and Business

*Phillip Ramphisa*

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Self-confidence is defined as the feeling of trust in one's abilities, qualities and judgement. It is the ability or the belief to believe in yourself, to accomplish any task, no matter the odds, no matter the difficulty, no matter the adversity.

Associated with self-confidence is also self-esteem, which could be defined as the evaluation of oneself or the judgement of one's self-worth, which may or may not include self-acceptance.

To be successful to a higher level in life you need to improve your self-esteem and self-confidence. A lack of self-confidence could cause one to feel fear and anxiety, which in turn limits success by causing one to be afraid of taking action. Without taking action it becomes impossible to generate the kind of results that you want in your life, whether it is business success or progressing in your career.

There are goals in life that are impossible to attain without self-confidence. In this book you will learn the following:

How to overcome fear and self-doubt

Learn how to improve self-confidence

Access the Power Confidence Visualization System to program your mind and gain emotional fitness for lasting self-confidence

Live a daily life of higher confidence using the 10 Day Power Confidence Challenge from the Confidence for Success Training

Imagine what it would be like for you to be able to act without fear and hesitation. To pursue your goals without the fear of failure and to empower yourself to continue on your path to success no matter how many obstacles you meet. In this book you will learn exactly that.



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