



Converse With Confidence

Welcome to the Program

SUMMARY

- **Strong relationships** lead to a happier, healthier, and longer life, but **technology and social media** often weaken deep connections.
- **Confidence and communication** improve success, helping people earn more, gain better opportunities, and build meaningful relationships.
- **Social skills can be learned** rather than being inborn, and applying the right strategies makes a difference.
- **Proven systems** make improving communication easier, using research-backed techniques for better confidence and presence.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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Goal Setting

SUMMARY

- Studies show that those who write down their goals achieve significantly more success, with clear, written goals leading to 10 times greater results.
- Just like identifying specific items in a stocked fridge helps recall them better, having a clear vision of success and confidence helps the mind focus on achieving them.
- Understanding what success and confidence look, feel, and sound like, along with identifying key relationships, helps in personal growth and goal achievement.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. Define what “success” and “confidence” mean to you in writing.

2. Visualize confidence: Describe what you see, hear, and feel when you are confident.



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3. List the relationships you want to improve, ranking them by priority



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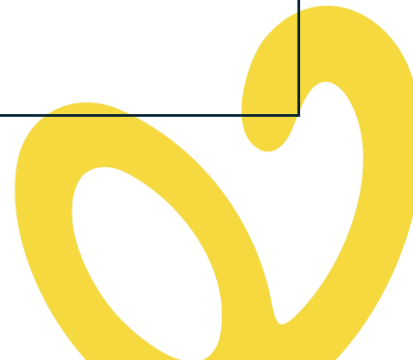
Understanding your Why

SUMMARY

- Understanding your **why** is important for achieving your goals; it's not just about **knowledge**, but having a deep **reason** that drives you.
- People are motivated by **escaping pain** and **gaining pleasure**, forming a powerful **propulsion system**.
- Your goal becomes achievable when your **reasons** are strong enough to overcome any **obstacles**, regardless of their size.
- To strengthen your why, dig deeper into your **reasons** and keep asking "**why**" to build a solid **motivation foundation**

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





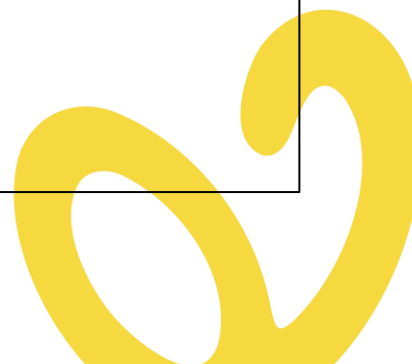
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CALL TO ACTION:

1. Why is this course **important** to you?

2. What **pain** will this course help you avoid?

3. What **pleasure** will this course help you gain?

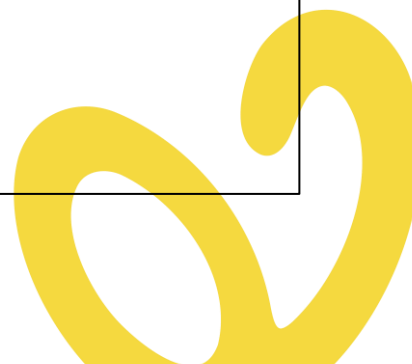




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4. What are your **top three** reasons for wanting to take this course?

5. **Create your mountain of motivation** by listing your top 10 reasons. Pick your **top 3** and go deeper into each one and share your list





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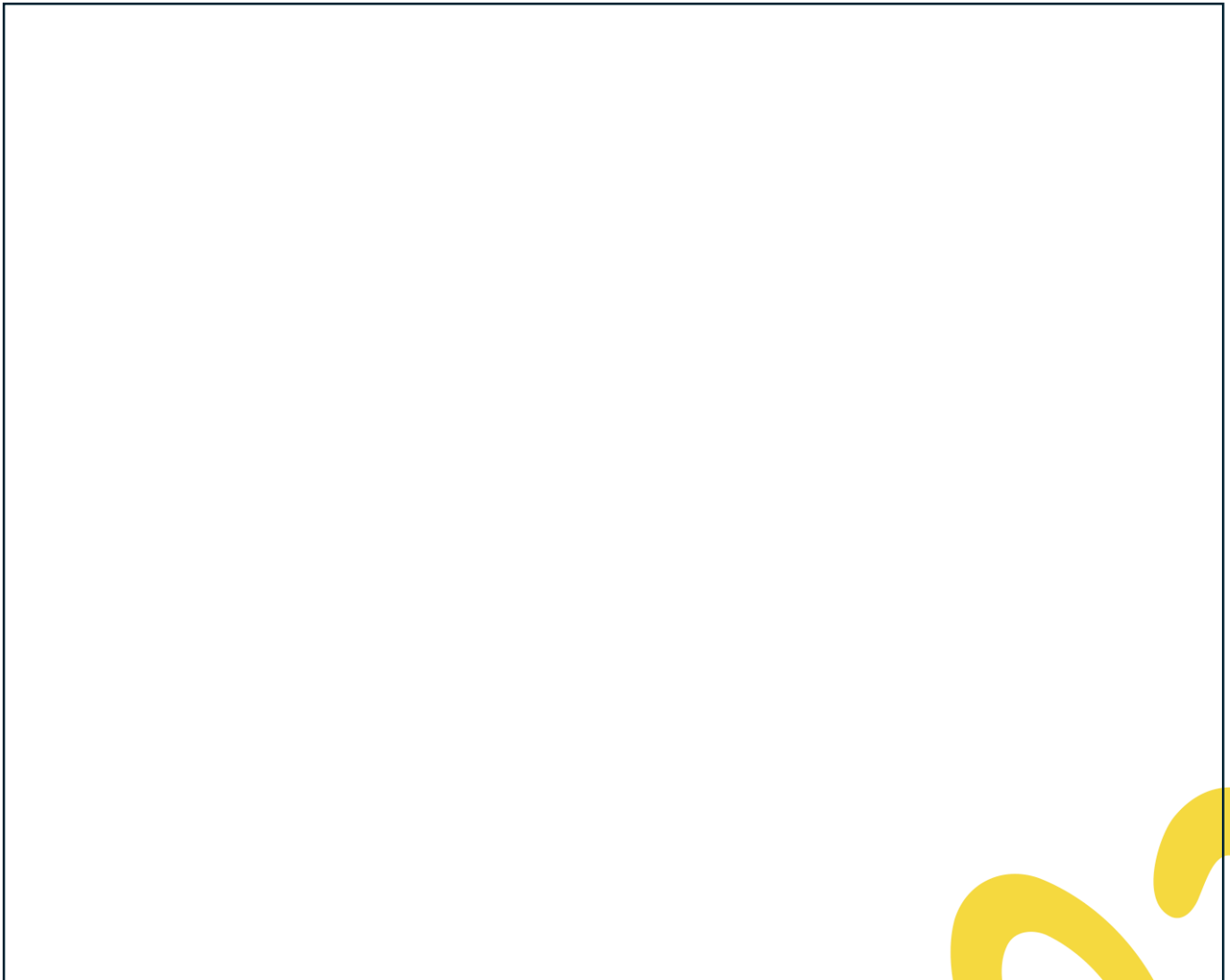
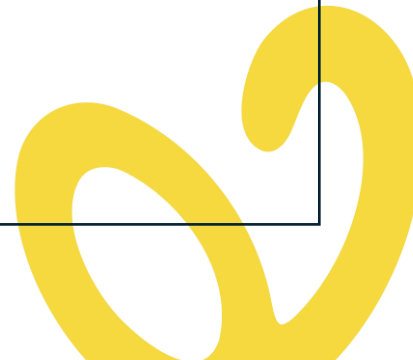
Lesson 1: Belief on Confidence

SUMMARY

- What you believe can either serve or break you. Confidence is a process, not an identity.
- Limiting beliefs about your identity, abilities, or what you feel can hold you back, but recognizing them helps you shift to more empowering beliefs.
- Imposter syndrome arises when you compare yourself to the best. Growth comes from comparing yourself to your past self.
- Confidence shows up in everyday actions. It's about doing and embracing the process, not perfection.

YOUR REFLECTION

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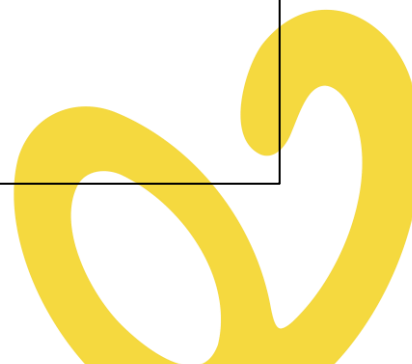


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CALL TO ACTION

1. What are at least five **limiting beliefs** you hold about:
 - a) **Identity**,
 - b) **Talents**, and
 - c) **Abilities**?

2. How can you reframe these beliefs in a more **empowering** and **positive** way?





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Lesson 2: Controlling your Thoughts V/S your Thoughts Controlling you

SUMMARY

- 75% of thoughts are negative, and 95% of thoughts are repetitive, indicating that we often repeat negative thoughts to ourselves.
- Just like breathing, **thinking is an automatic process**, but we can take control of it with **thinking exercises**.
- **Language plays a crucial role** in shaping our mind set. Words like **"but"** can negate positive statements, while **"yet"** adds anticipation and possibility for growth.
- **Identity statements** such as "I am not confident" define us. By changing them to past tense ("I was not confident"), we can shift our perception and create space for improvement and confidence.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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CALL TO ACTION:

1. What **identity statements** do you frequently tell yourself?

2. Can you identify which of these are **negative** and which are **positive**?
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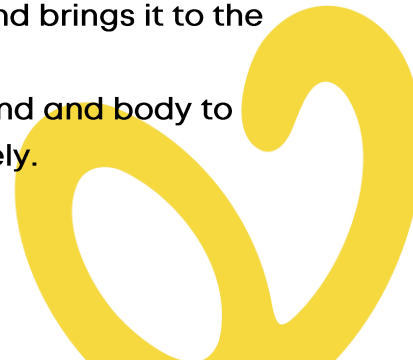


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3. How can you **reframe** your negative statements into more **positive** affirmations?

Lesson 3: Controlling your Thoughts

SUMMARY

- The mind responds to what it sees, focusing on positive images helps create more of what you want. Instead of thinking about what you don't want, focus on what you do want.
 - The mind constantly deletes irrelevant information, but by focusing on something specific, like a goal or image, it stops deleting it and brings it to the forefront.
 - Like successful athletes, visualizing success can prime the mind and body to align with that vision, helping to achieve goals more effectively.
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- A clear vision of success, represented through images and mental movies, is key to achieving goals. A vision board can be a helpful tool for reminding you of your desired outcomes.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. How do you **visualize** yourself when you think about success?
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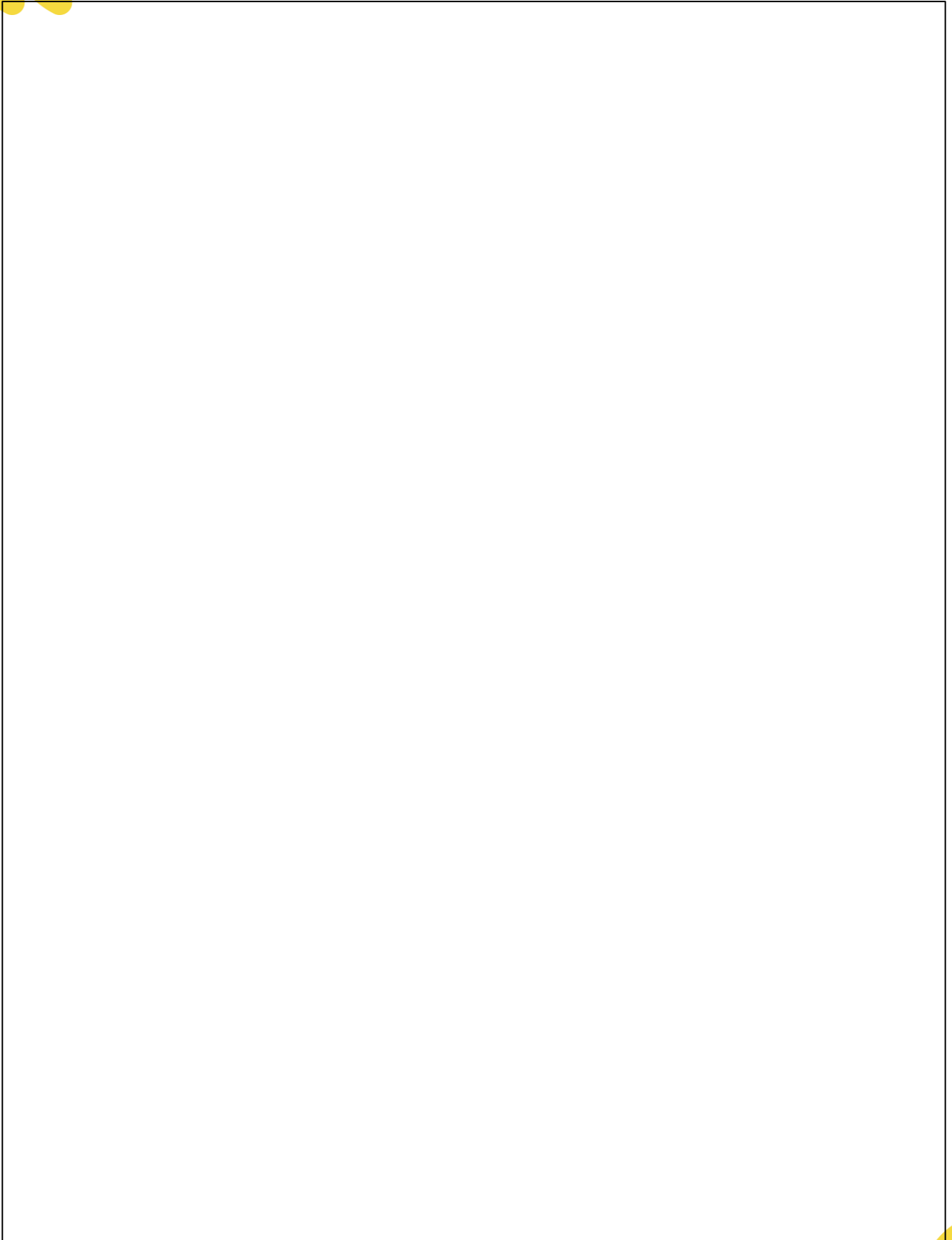


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2. What does your success look like? Can you picture the **details**, like how you feel and what you're doing?

3. Create a **vision board** below that will help you to stay focused on your goals.
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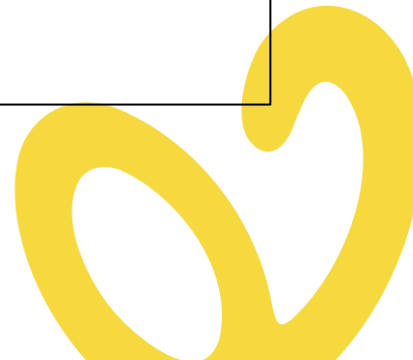
Lesson 4: Controlling your Thoughts V/S your Thoughts Controlling you Part 1 - Kinesthetic

SUMMARY

- **Confidence** can be increased by adopting certain **body postures**, like the **champion pose** or **superhero poses** (Superman or Superwoman), for just **three minutes**.
- These power poses can reduce **stress** (cortisol) and increase **confidence** (testosterone) by **20%** in a short period.
- People's **physiology** can influence their emotions. For example, people at the **Special Olympics** celebrated with **open body language**, which conveys **confidence**.
- Regular practice of super power poses helps train the body and mind, gradually making **confidence** a **habit** and building personal growth.

YOUR REFLECTION

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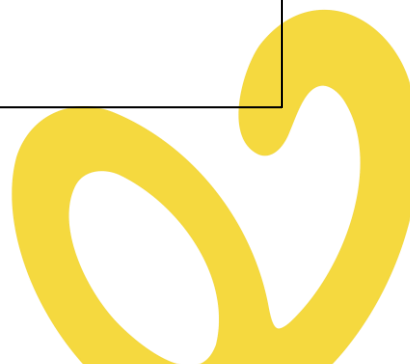


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CALL TO ACTION:

1. Try these power poses today: **Champion Pose**, **Superman Pose**, or **Superwoman Pose** and share your experience

2. Create and share your plan to incorporate these power poses into your **morning routine** to boost your confidence





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3. Which **power pose** did you experiment with, and how did it **make you feel**? share your thoughts with your **tribe**





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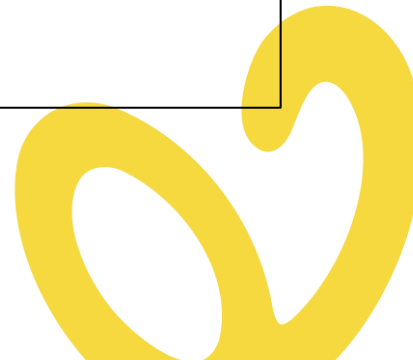
Lesson 5: Controlling your Thoughts V/S your Thoughts Controlling you Part 2 - Sub modalities

SUMMARY:

- Tonality matters more than words—how thoughts are spoken (internally and externally) influences emotions and confidence.
- Weak self-talk weakens actions, while strong, confident tones reinforce belief and performance.
- Negative thoughts lose power when their tone is altered (e.g., Mickey Mouse voice), making them feel less serious.
- Empowering statements, when spoken with confidence, visualization, and power poses, help reprogram the mind and build control over thoughts.

YOUR REFLECTION

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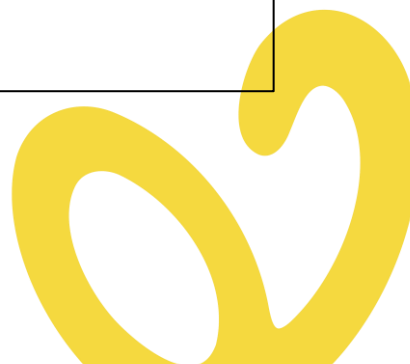
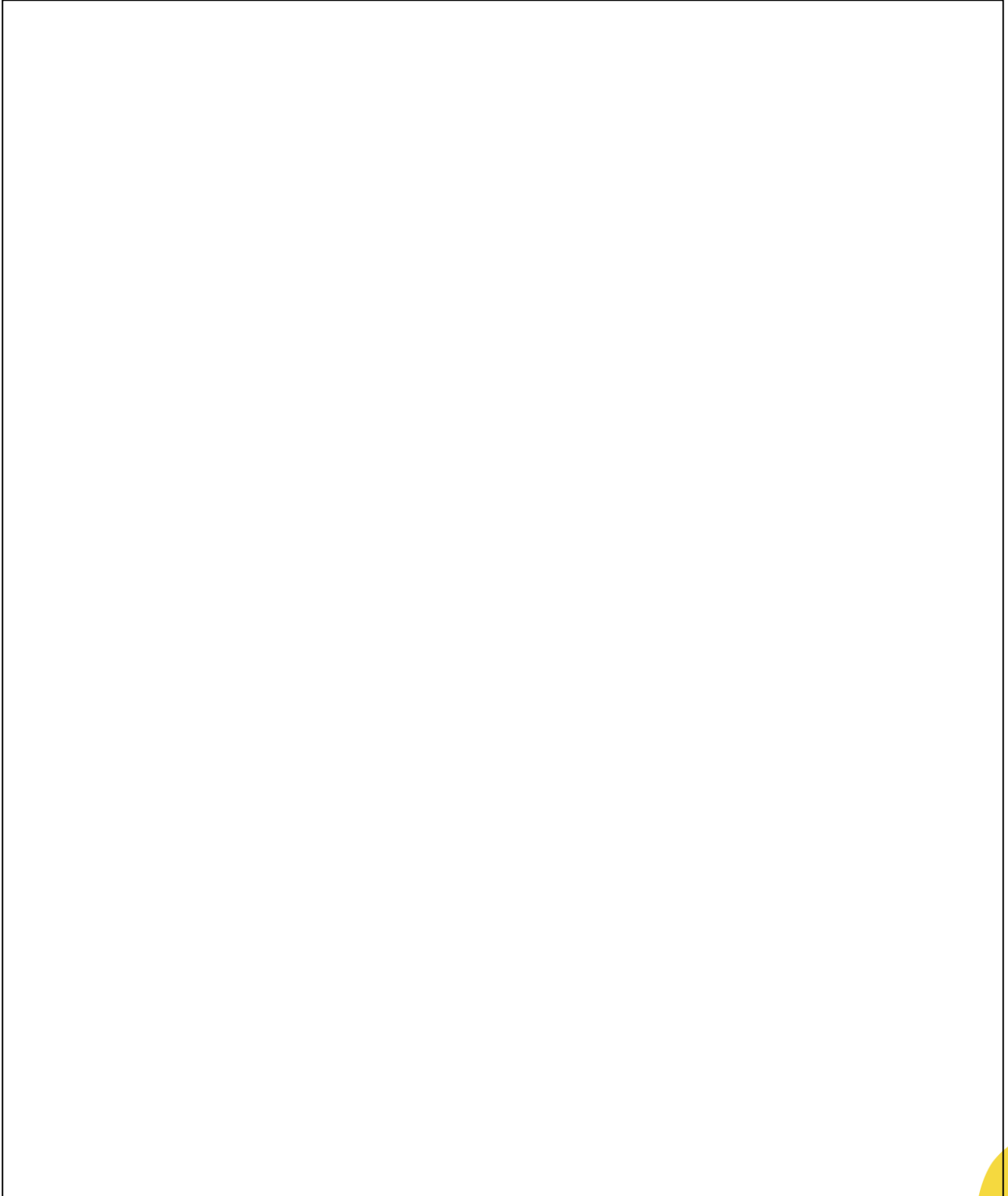




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CALL TO ACTION:

1. **What are 5–10 empowering statements that truly resonate with you? Write them down**



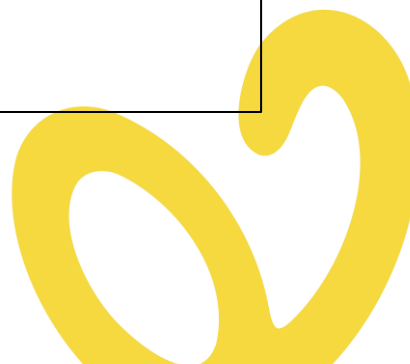


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2. How often will you practice these affirmations each day to reinforce positive self-talk?

3. How can you enhance these affirmations by combining them with a power pose to strengthen their impact?

4. Visualize yourself succeeding as you say these affirmations? How does that shift your confidence and energy?





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Lesson 6- Comfort Zone

SUMMARY

- Transformation can happen quickly, but skill-building and stepping out of the comfort zone require consistent effort rather than an overnight change.
- The "Just a Little Bit" technique helps expand the comfort zone gradually by making small, manageable changes every day.
- Consistent small actions push personal boundaries, making new challenges feel easier over time, leading to long-term growth.
- Comfort zones expand when tested—whether through big leaps or small daily efforts, each step contributes to lasting transformation.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



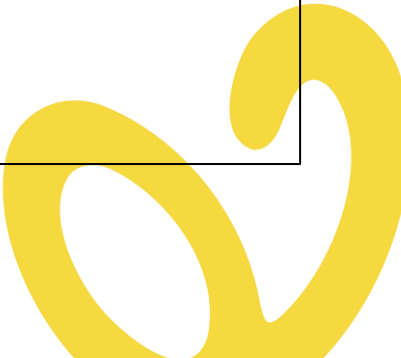


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CALL TO ACTION:

- 1. **What** are seven things outside your comfort zone?

- 2. Which activities push your boundaries but still feel manageable?

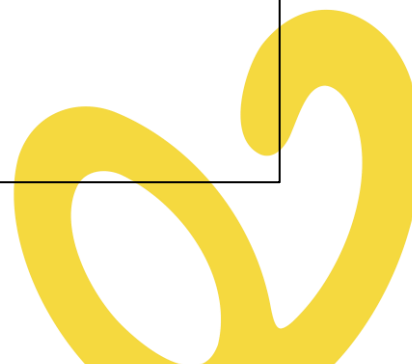




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3. When will you perform each activity? (Assign a date & time.)

4. How did you feel after completing each activity? (Reflect on your experience.)





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Lesson 7: Anchoring

SUMMARY

- Anchoring is a technique where specific emotions or states of mind are triggered by unique stimuli, like a smell or a song, creating powerful associations between the event and the emotion.
- Unconscious anchors form naturally, like certain smells or songs evoking memories and emotions, which can be either positive or negative.
- Conscious Anchoring involves creating your own triggers to evoke emotions like confidence or energy. Key steps include:
 - Intensity of emotion
 - Proper timing
 - Uniqueness of the trigger
 - Ensuring the anchor is replicable for later use.
- Replicable anchors (like a unique smell or gesture) are essential for consistency, and repeating the anchor reinforces its effectiveness.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. Choose a smell that will be your anchor. Mention what you have selected

2. Visualize yourself in champion mode and smell the scent. Share how does that make you feel?

3. Implement and experiment if the anchor is activated and share your experience.

