



# ADVANCED PROGRAMME

## HABIT 16

**Self-Esteem & Self-Confidence**



*...powerful habits to transform your life!*

Devised by  
**Stephen Kirkbride  
& David Orrey**

[www.VibrantHealth.me.uk](http://www.VibrantHealth.me.uk)

## Quick Guide

Habit 16 is entitled ~ **Self-Esteem & Self-Confidence.**

**This will magnify your self-belief and self-worth.**

Going through life with a good level of self-belief will naturally open more doors for you. This habit will help you develop it and give you the tools to be able to instantly tap into it, whenever you need it.

**Your inner power will shine through 😊!**



### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

## Habit No 16 ~ Self-Esteem & Self-Confidence

*"The most beautiful thing you can wear is confidence 😊!"*



### Self Esteem & Self Confidence

Self-esteem and self-confidence are both traits that completely change how we go through the world, especially when we have plenty of them, as we're more likely to follow our dreams and attempt more things.

Both self-esteem and self-confidence are something that can be taught fairly easily, all it then takes is practise and nurturing!

You can't really have too much of either (as long as it doesn't slip into arrogance).

### What's the difference?

**Self-esteem** is an internal evaluation of yourself, it's a measure of how much you, like, admire and respect yourself, a sense of your own personal value.

**Self Confidence** is a measure of your faith and trust in your ability to perform and 'hold your own' in day-to-day circumstances.

They generally go hand in hand, when your self-esteem is good, you tend to be pretty confident too, hence good levels in both are important for your mental and emotional wellbeing.

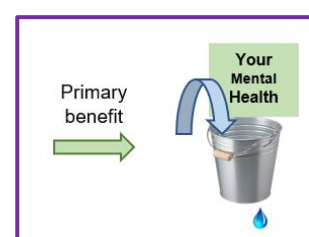
### Building self-esteem

This whole programme of 22 habits is compiled with a lot of emphasis on building your self-esteem by working directly and indirectly with your mental and emotional health.

Both your mental and emotional health will naturally improve as you use the recommended tools and do the habits throughout the programme.

Your body will start to feel better through the essential habits and your self-esteem will directly benefit from several of the advanced habits.

In particular, habits 12, 13, 14, 17, 18 19 which are depicted as having mental health as a primary bucket.



So, for the rest of this habit, we're going to concentrate solely on self-confidence and give you several tools to build it up as far as you desire.

## **Outer confidence**

One of the easiest ways to increase your outer confidence quickly is to act more confident with your body language.

If you imagine a cord running up your spine and out the top of your head and fixed to an imaginary hook above you.

Now imagine the cord is gently pulling your head slightly backwards, this will naturally pull your shoulders back and lift your chin up.

Now, add eye contact (don't stare though), breath slowly and talk normally but from your diaphragm (gives you a deeper voice) and you'll have a more confident posture.

Even if you aren't feeling so confident inside, your body language will still give off an air of confidence.

Practise doing this in the mirror until it becomes an habitual way to hold yourself and see how long it takes for others around you to notice!

This is sometimes referred to as 'fake it until you make it,' as externally you'll appear more confident, and people will generally treat you slightly differently (in a more positive way) which then adds a little boost to your inner confidence.

## **Inner confidence**

We have incredible minds that can create anything we want with practised thought.

And the beauty of it is, our subconscious mind cannot distinguish between reality and something vividly imagined.

So, try this exercise now;

1. Close your eyes and remember a time when you felt really confident, where you could do no wrong and you were just buzzing with confidence. Return to that scene in your mind and see what you saw, hear what you heard and feel how good you felt (n.b. if nothing comes to mind, imagine what it would be like to have amazing confidence, power, and self-belief).
2. As you keep going through this memory, make the colours brighter, the sounds richer and the feelings stronger. Now amplify the experience in your mind so you feel absolutely fantastic and super confident. Then amplify again so your whole body is charged with exhilarating supreme confidence.
3. As you feel all those amplified wonderful confident feelings reach a peak, squeeze your thumb and forefinger (of either hand) together. Now just bathe in all those wonderful feelings of self-confidence.



4. Now release your thumb and forefinger and open your eyes.
5. Wait a few seconds and squeeze your thumb and forefinger together again and you should trigger all those wonderful feelings of self-confidence again.

What you have done is created an anchor (squeezing together your thumb and forefinger) that recreates those internal feelings of self-confidence when pressed together.

So, when you want to give yourself a boost of confidence, say before a meeting, maybe before giving a speech or perhaps just before leaving the house, just press your thumb and forefinger together to trigger the anchor and you'll evoke those good internal feelings of confidence.

The more you practise this exercise in your mind, the stronger the anchor and the associated good feelings will be.

You've now got strong confident feelings available on tap, ready to trigger 😊!

### **Borrowing confidence (genius)**

You'll love this one!

Here's another way to bring in confidence very easily, you may actually use this already, subconsciously.

The subconscious way is a physical garment or uniform that puts you into an altered (more confident) state.

A good example is a salesman whose demeanour changes as soon as he/she puts on a business suit. Or a doctor, who becomes more authoritative and confident as soon as the gown goes on.

You'd be surprised how much extra confidence some people have when they put on their work uniform, as opposed to how less confident they are, outside of a working environment.

It's a psychological confidence switch that automatically turns them into the person they need/want/are expected to be.

The conscious way to do this is to create an alter ego...

### **Alter ego**

This is pure psychology, simple yet brilliant!

You would be very surprised at the amount of very successful people who use this technique.

So, if you're having any trouble at all being the person you need/want to outwardly display in a specific setting...



Or you need to be more charismatic or let's say authoritative, but it isn't really you, just show up as somebody else (you just imagine you are them) who you know would breeze through the situation!

*Example; Let's say you've got a presentation to give at work and are feeling nervous, you could use Oprah Winfrey as your alter ego as it would be a walk in the park for her!*

Here's what you do;

1. Pick somebody you really admire who has the confidence and charisma you would like to emulate.
2. Think of a time when they exhibited the skill you wish to display.
3. Now run through the memory of your alter ego performing that particular skill and repeat this several times in your mind.
4. Now (in your mind), hover over your alter ego and float into their body and synchronise with their posture. See through their eyes, hear through their ears, and feel how confident they feel doing the task.
5. Now run through the memory of them performing the skill from the inside to get a general sense of your alter ego's experience. Do this a few times to embed it deeply.

The final piece of the jigsaw is to have what is referred to as a totem.

A totem is simply an item that you wear or carry that represents your alter ego so when you wear it, carry it, or touch it, you become your alter ego.

If your alter ego was Oprah, you could carry a small picture of her in your purse/wallet and touch it whenever you wanted to tap into her energy, and switch into your alter ego.

The best bit of all is that nobody has a clue about an alter ego, unless you tell them!

### **Stephen's alter ego**

You may have seen Stephen using an alter ego on some of the videos without realising it. His alter ego is **Batman**.

He'll openly wear a batman t-shirt in some of his videos as he's happy for people to see it. If he didn't want people to see it, he could wear it underneath a shirt but still feel like he was Batman and borrow his energy.

You can pick any alter ego you desire from famous people, someone you personally know and admire or even fictional characters. There are no limits!

Just step into their energy and let them deal with the situation. Not only is it a very good way to significantly boost your self-confidence, but you can also have a lot of fun with this too. You can be anybody you want 😊.



## Video resource (highly recommended)

Video: [Instant Confidence Guided Hypnosis](#) ~ Paul McKenna ~ Just get comfortable, shut your eyes and let Paul enhance your confidence through guided hypnosis, very enjoyable and relaxing indeed.

## Book recommendations

[‘Instant Confidence ~ The Power to Go For Anything You Want’](#) Paul McKenna

[‘Alter Ego ~ The Power of Secret Identities to Transform Your Life’](#) Todd Herman

## Final words

Whether you want to be confident in business, romance or life in general, the more you have, the easier life tends to be, to move you in the direction you desire.

Use these powerful tools to create all the confidence you need. The more you practise, the more confident you’ll become.

## Recommended habit action steps

- ✓ **Check out the video resource** (great free resource you can use as many times as you wish).
- ✓ **Create an inner confidence anchor** to have an immediate boost on tap.
- ✓ **Consider building yourself an alter ego** (or multiple alter egos if you want, there’s no limit) ready to use whenever you feel it is to your advantage.
- ✓ **Practise displaying a confident posture.**

*Here are the related essential programme visual aids....*



# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

## 11. You will likely forget all this...but you can remember it whenever you want 😊.

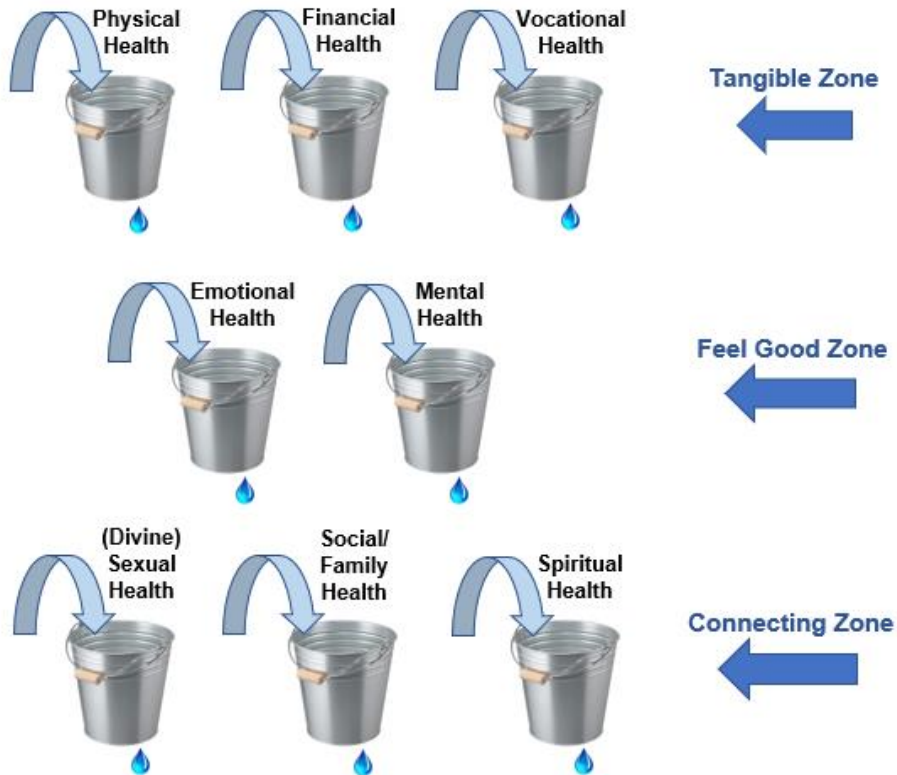




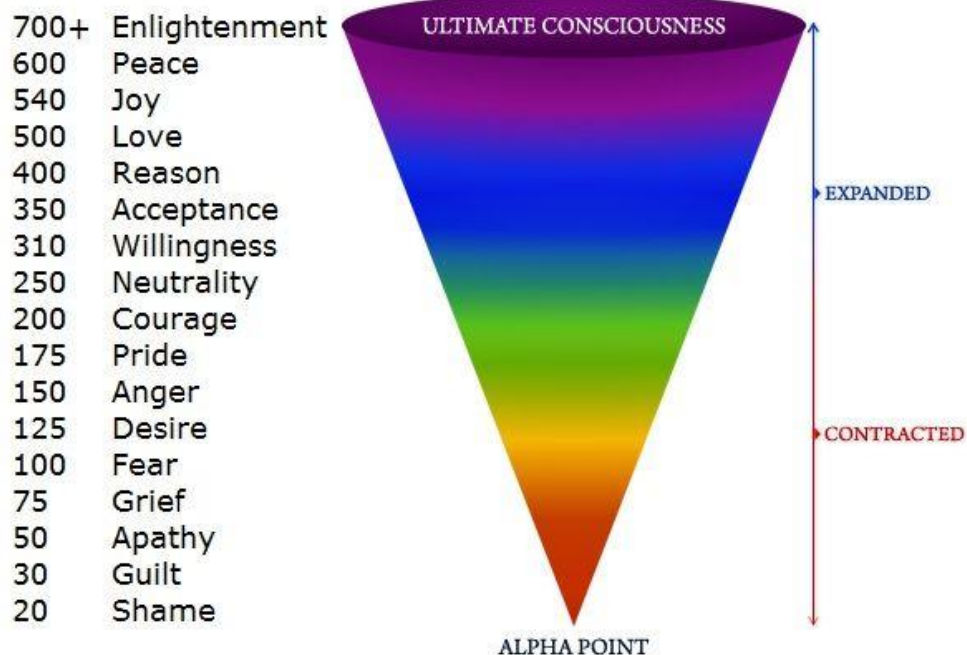
## Key Charts & Visual Aids

### Your 8 Health Buckets

(each has a continual, very small leak)



### OMEGA



# Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

