Do you ever struggle with your health, money, relationships or career? If so, it may interest you to know that many highly successful people rate building super strong confidence as one of the most important things you can do to turn these struggles around. We would also say that confidence is a key for enjoying life to the fullest.

To put it simply, when you feel good about yourself and your ability to overcome obstacles, everything else just seems to fall into place. Think about it. When you feel this way - confident and good - the things you want seem to be more possible. You feel good emotionally and you have lots of energy to move in the direction of your dreams.

The challenge many people face is not believing they have a choice. Feeling powerless to overcome their perceived limitations, many say "This is just the way I am" and leave it at that. Spiritually, this is not fulfilling. It also denies the truth of who we are as magnificent spiritual beings. We are all here to live fully and grow in wonderful ways. And our perceptions of ourselves CAN change!

We mapped out the steps and stages here to help you to understand where you are in the process of embracing your true identity as a magnificent spiritual being and what you can do to build super strong self-confidence.

Here are five steps for building self-confidence:

1. **Get clear on where you are** and what is preventing you from being your personal best.
2. **Learn how to make deep, lasting changes** that can transform your life.
3. **Apply what you are learning** so you can build self-confidence now and move more easily in the direction of your dreams.
4. **Re-evaluate and continue forward** in the direction of your dreams.
5. **Enjoy the journey!**

Step One is getting clear on where you are and what is preventing you from having super strong self-confidence. We address this in the Seven Stages of this Confidence Builder. Once you identify where you are in these stages, we provide some simple steps and lasting changes you can make to rapidly increase your self-confidence. These stages range from being highly critical and judgmental to simply understanding your unique greatness, along with valuing yourself and everyone around you. It's an awakening and a journey to a beautiful world where you fully understand the truth of who you are.

**The Starting Place: Awakening to a More Soulful Presence**

The journey to genuine confidence and recognition of your greatness as a human being is an integral part of the journey to wholeness. The desire to evolve and grow is built into each and every one of us. We want to thrive, expand our possibilities, and realize our dreams.
The journey to super strong, super soulful self-confidence reaches into the heart of our purpose for being alive. What could be more profound? As we evolve, a light shines more and more brightly on a new reality where spirit and form come together in the creation of a world that nurtures and benefits us all.

Here are the seven stages we pass through as we open to our true identity and the light of the soul.

1. **Judgment:** Most people are highly critical of themselves, of other people and of the situations in their lives. They are also disconnected from the guiding light of their heart and soul. We've all been there and know how dim our possibilities look when this is happening. We feel alone and feel like powerless victims of circumstances that are beyond our control. In this disconnected place, our confidence is extremely low.

   Here, changing your perspective on yourself and your possibilities may feel impossible. As mentioned, many people say things like "This is just the way I am," because they don't believe they have the power to change.

   For most, it's so painful to think about who they are that they accept their limited perspectives as truth and leave it at that. The sad thing is that these judgmental perceptions overlook a critical truth: that each and every one of us is a magnificent soul. We are also part of an expanding universe that is ready, willing, and able to support us in bringing out our best.

   The key is to start to recognize that we are connected with a source of infinite source (universe, Creator, God) that can change everything. This source of wisdom is reaching out to us and at some point we awaken to a deeper calling that suggests that more (even much more) IS possible. It's the calling of the heart and soul!

2. **Confusion:** The brave souls whose hearts prevail sense a power emerging within themselves, but they don't know where this power might take them. They generally end up feeling confused and overwhelmed by the continuing thought that more might be possible. After all, they have no idea HOW their reality could change.

   If this sounds familiar, the good news is that this kind of confusion means that you are expanding. Regardless, stepping into the unknown is uncomfortable. It may be tempting just to retreat back into the comfort and safety of life as you know it. At some point, though, the heart, which is also the spiritual spark that calls us to live more and be more, won't give up so easily. This determination is a good thing; it's the call to awaken!

   Ultimately, the solution to this confusion is having strategies for moving forward. You'll find five highly effective strategies on the path to change below.

3. **Uncertainty:** With continuing prompting from an awakening heart, we experience a rebirth and open to our inner strength and power. It feels wonderfully freeing, but there is still doubt and uncertainty about where the path might take us. Our newly awakened heart and soul view who we are and what is possible differently than the critical, judgmental mind. When the soul's presence is activated, its influence gradually strengthens our belief in ourselves and we start to move in a more expansive and creative direction.

4. **Hope:** Now our perception of who we are and what might be possible takes a new light. As the heart opens and doubt subsides, we sense a new ray of hope. There is love for you in your heart.
and it feels good. With hope and the emerging light of your soul, your perception of who you are begins to shift and you step on a bridge to a higher reality. You begin to understand yourself as an integral part of an infinite source and value yourself in a new way.

After all, you are a magnificent human being with access to inner wisdom and truth, just like everyone else. As you open to the possibility that you could transition to a more soulful way of being in the world, a sense of lightheartedness and excitement begin to emerge and the door to your true identity opens further.

5. Trust, Faith, and Belief: Opening to your heart and soul builds trust and faith that you are on the right path to the point where you genuinely believe that you ARE a magnificent human being. You start to recognize that you can create life on your own terms and the possibilities are exciting. With growing enthusiasm, inspiration to make your dreams and your purpose in life a reality increases.

6. Knowing: As you fully integrate the soul's energy into your being, faith and belief expand into a deep knowing that you are a powerful creator and the greatness of an infinite intelligence resides in you.

You know the source of this infinite intelligence (the Creator, Source, or God) is always with you and wants the best for you. You can see your bright future, feel it, and touch it! When you absolutely KNOW with complete certainty that your purpose in life is manifesting, IT IS!

7. Being: Now you ARE the dream. Regardless of the externals, nothing lies between you and your heartfelt desires. Your heart is full and you experience the energy and joy of being alive to the fullest now. The door is fully open now!

This may not be a completely linear progression. We all experience ups and downs. Regardless, these seven stages highlight the importance of opening to the light of your soul as your guide. They reveal the opening of the heart and mind, as your transition into your magnificence comes together.

The Path to Change

Socrates once said, "The secret of change is to focus all of your energy, not on fighting the old, but on building the new." Spiritually, the journey of awakening to the light of the heart and soul is a journey is from fear and judgment to love and acceptance. Wherever you are on the journey, we recommend five simple practices:

1. To shift your perception of yourself and your reality, read a chapter from Wallace Wattles' classic book *The Science of Being Great* each day. It's a great way to start the morning. The chapters are short, just a few pages and Wattles presents a beautiful picture of who you are and the nature of reality that can help you to embrace a new way of being in the world.

   This inspiring thought from Wattles is a great example:

   "You are a god in the company of gods and must conduct yourself accordingly."

   *The Science of Being Great* provides a transformational perspective that can completely shift your perception of who you are and what is possible for you.
2. **Stop judging everyone and everything.** When you start to really pay attention, you may notice that your mind is judging things almost all of the time. Judgment, fear, and separation all go together and they erode confidence.

To shift this pattern, just allow people and things to be, without placing judgment on them. You may notice that we judge ourselves and the events of our lives to the degree we judge others and their lives. Jesus taught "Judge not lest ye be judged." Here he was referring to being judged by yourself.

Learning to love yourself and your life more feels very different. As you take the process further, you can start to look for something good in everyone and every situation. As you do this, you'll notice that you and your life look better and better. Interesting how this works.

Here's Wallace Wattles' advice: "You must learn to see men and women...as perfect beings advancing to become complete." This includes you, of course.

3. **Open to the truth and wisdom in your heart.** Exploring the profound nature of the heart may be the next frontier in human evolution. We recommend our Soul Centering Process for connecting with the light of the soul that resides in the heart. This process, which takes just five or ten minutes, can completely transform your life as you develop a relationship with the light within you. It's beautiful! You can find this process on the Confidence Course Resource Page.

Soul Centering helps you to form the new concept of yourself Wattles describes here:

> "Whatever you habitually think yourself to be, that you are. You must form, now, a greater and better habit; you must form a conception of yourself as a being of limitless power, and habitually think that you are that being. It is the habitual, not the periodical thought that decides your destiny."

4. **Bust through your negative beliefs** with new insights from the wisdom in your heart. Some examples of positive beliefs to instill:

- Something wonderful is happening today and I can't wait to discover what it is.
- Anything is possible and miracles are happening now.
- Things always work out amazingly well for me.
- I know there is a seed of good in everything that happens to me

5. **Relax more and break patterns of hurry and worry.** Like judgment, hurry and worry resonate with fear, which takes you away from the love in your heart and away from your possibilities. When you find yourself hurrying, take a few nice, loving breaths and slow down. Notice the truth in the idea that your point of power lies in the simplicity of the present moment. While you're at it, breathe some light into your heart, too.

> "So surely as you find yourself in the mental attitude of haste, just so surely may you know that you are out of the mental attitude of greatness. Hurry and fear will instantly cut your connect with the universal mind."

> "Remember that poise and power are inseparably associated. The calm and balanced mind is the strong and great mind; the hurried and agitated mind is the weak one."