

Strategies for Success: “As If! Confidence

by Catherine Pratt

Everyone wants a “button” they can just press and magically change their life.

So, finally, here’s an “As If!” Confidence Button you can mentally press whenever you need a boost of confidence.

It’s a super fun technique to change negative beliefs and thoughts to be positive ones.

By changing your thoughts, you can finally get what you really want from life.

Learn to Pay Attention to Your Thoughts

The first step is awareness. You need to start listening to what you say. You need to really hear what you’re telling yourself. Are your thoughts complaints, criticisms, or just a plain negative attitude? What are your thoughts saying?

You have a choice about what you believe but you can’t make the decision until you’re aware of what you’re telling yourself.

AS IF!



Confidence

A Positive Way Of Thinking
www.Life-With-Confidence.com

1. “As If!” that negative thought is true

You don’t believe that for a second. Believe the positive thought instead.

2. It’s “as if” they don’t exist anymore

It’s your responsibility to choose thoughts which will help you, not hinder you. Be accountable. Negative thoughts are a luxury you can no longer afford.

3. It’s “as if” you were the person you want to be

What would a _____ person think or do in this situation? Celebrate the good in them. Then let’s go! You can do that too but with your own unique style.

4. Imagine it “as if” it’s true

See it, feel like, hear it, taste it and soon you’ll Live It!



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1. As If!
Remember when you were a kid and one of your friends would brag about some really great thing they’d accomplished and of course you didn’t believe them? You just knew they were telling a whopper of a lie. So, what did you say? You probably said something like, “As if” as in “As if that’s true” letting them know that you didn’t buy it, no, not for one second.

And then your friend would say “Uh huh, it’s true.” And you’d get into a fun fight about it. Well, this time, you’re going to get into a fun fight with your thoughts. So, whenever you catch yourself saying your old belief say, “As If!” as in “**As if that’s true!**” Remind yourself what a whopper of a lie you’re telling yourself. Now, believe your positive thoughts.

2. It’s “As If” They Don’t Exist Anymore

As you are the only one in control of your thoughts, you need to take responsibility for what you are thinking.

You need to be accountable to yourself and only choose those thoughts which will help you.

Negative thoughts will only drag you down.

Decide on what good things you want and then imagine what your life would be like if you couldn't think your previous negative thoughts. **Now, it's "as if" they never existed.**

3. It's "As If" You Are the Person You Want to Be

When you are facing a negative thought, ask yourself "what would a person who is (fill in your desired feeling here, whether it's confident, or lovable, or independent) do in this situation? Think what that person would say, what would they do, and how would they behave? Now, you're going to act "as if" you are that type of person. It might feel strange when you first try this out but keep doing it. Pretend you're an actor and you're trying to "be" that person. You're acting as if you are already that person. Soon, you'll find that you're behaving in your new desired role and you won't have to keep asking yourself

what would they do because you are one so you know what they would do.

It's very important that you're not copying the person.

You're being the type of person with that mindset but with your own unique style.

4. Imagine It "As If" It's True

In your mind's eye, see what your new life

will be like, feel it, hear it, taste it (if you can) and soon you will be living it.

Print Out Your Confidence Button

Print out this instruction sheet (double sided) and then cut out the "As If!" Confidence

Button. Then you'll be able to carry this in your pocket or purse to use whenever you need that little burst of confidence. It's a reminder that **YOU are the one in control of your thoughts, no one else.** Choosing negative thoughts is a luxury you can no longer afford.

Summary

What are you waiting for? Use the "As If!" Confidence Button and you'll soon be living the life of your dreams. You can do it! Enjoy and have fun with it. Life will suddenly be more exciting than you ever imagined.

Keep Learning!

Check out all the other great confidence tips and strategies at:

www.Life-With-Confidence.com



When nothing else will change for the better, change your thoughts for the better. And you'll soon see everything else following positively along.

Unknown Wise Person

Be yourself.
The world worships an original.
Ingrid Bergman

fold to inside