

Finding Your Target by Joseph McClendon

It's your birthright to be happy, full of confidence and pride. You already have a great amount of confidence and esteem. It came with the package. In order for you to have survived as an infant, you had to have thought enough about yourself to cry out and request food, connection and security.

Also, the people who were around you thought enough about you to provide those things and much, much more. The proof of this is that you are here today... you made it! It is important to know that you still have a considerable amount of that confidence, drive and esteem inside of you right this very minute. Every cell in your body displays it every second that you are alive.

The trick is to start with what is already inside of you, use it as a foundation to build from, then find others who are getting the results that you desire and model their actions, beliefs and methods. By doing this, you will build a powerful and automatic confidence demeanor within your own nervous system. This will in turn result in better actions and more effective behaviors. Tap into that wealth of power that you already own and model what you have already done.