

# FREE E - BOOK

## Supreme Confidence in 7 Days

By Gabby Mottershead

Founder of 'Confidence After Cancer'

<http://www.confidenceac.co.uk>

<http://www.gabbymottershead.wordpress.com>

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## About the author



**Gabby Mottershead**, founder of Confidence After Cancer, an organisation that provides coaching and support for women after cancer treatment.

Gabby is a trained Feng Shui consultant, NLP Practitioner and Reiki level 2 healer. Diagnosed with Inflammatory Breast Cancer in January 2008, she looked for the answers as to why some people get cancer, and what can be done to prevent recurrence. She had conventional treatments but supported this with holistic therapies. Gabby started to write a blog, and connected with some wonderful people, many of whom had healed themselves without surgery or drugs. It became clear to her that the mind, body and spirit all need to be nourished, and nurtured, for deep lasting healing to take place.

*Gabby says that today 'I am a survivor. I have drawn strength from all my challenges and am able to inspire and help other people. I am healthy, loved and at peace.'*

*Follow her*

*Twitter : [gabbymot](#)*

*Blog: <http://gabbymottershead.wordpress.com/>*

*Website : [www.confidenceac.co.uk](http://www.confidenceac.co.uk)*

## Introduction

If you are reading this you are probably interested in gaining more confidence. (the clue's in the title!) There are many definitions of what confidence means but in essence

*'Confidence is the ability to take appropriate and effective action in any situation, however challenging it appears to you or others.'*

The good news is that confidence can be learnt if you are willing to make some changes.

In this report you will learn 7 simple steps to increase your confidence level. These steps are simple, but powerful, and when applied have helped many people to completely transform their lives.

Please take the time to fully complete each exercise before moving on to the next day.

If you are in a hurry, and need that confidence boost urgently, you can read through this as fast as you like, but you **MUST** complete the exercises in each short section before moving on.

To help you do this, it is useful to have a dedicated notebook to write your responses to the questions that I am going to ask you. Or you could just make notes on this report, whichever suits you.

The most important thing is to decide that you will take action as a result of reading this; I can show you some very simple techniques that have worked for me, and for many others. But they will not work unless you commit to implementing some changes in the way you think and act.

*'If you always do what you have always done, then you will get what you have always got'*

## Day 1 - Who Are You? What do you think about?

From our **thoughts** our actions are created

From our **actions** our habits are created

From our **habits** our character is created

From our **character** our Destiny is created

We have learned over many years how to think, and act, as if we have no confidence. This may be a defence mechanism to stop us getting hurt or criticised. It doesn't matter where you have been, or what has caused you to think like this, this is not therapy; this is the start of making positive changes in your life.

If we want to change our thoughts we need to focus on some new, supportive thoughts that can set us up for effortless, unconscious confident thoughts and behaviours.

This first exercise sets the foundation for remembering how wonderful we really are.

I want you to list 20 achievements that you have. If you are struggling to think of 20, you are not alone. We all find it easy to remember negative things, but remembering what we achieved takes effort, because we are not used to thinking about ourselves like that. They can be big things, like passing exams, or small things you are good at, like remembering peoples birthdays and caring for someone or something.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....

- 9 .....
- 10 .....
- 11 .....
- 12 .....
- 13 .....
- 14 .....
- 15 .....
- 16 .....
- 17 .....
- 18 .....
- 19 .....
- 20 .....

Do not move on to the next section until you have remembered 20 things you have done that you are pleased with and are proud of. What are you good at? What would someone who loves you say about you? What would your best friend say about you? When this is finished you can move on.

Next you are going to write down 10 compliments that people have paid you, again, this might not come easy, but dig deep. We are not going to turn you into a vain, selfish person, just gently remind you how unique and gifted you are.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....
- 10 .....

We all have weaknesses, we all have those, for the next 7 days we are not going to focus on them, instead we are going to think about all the wonderful qualities you have. We all have thousands of thoughts a day, why not choose positive ones?

From now on you are going to pay attention to any positive comment or compliment you receive. I make it a habit to write down all compliments I receive in the back of my diary, and whenever I re- read them it gives me an instant boost, and makes me smile.

*'If you have made mistakes, even serious mistakes, you may have a fresh start any moment you choose. For this thing we call 'failure' is not the falling down, but the staying down.'* Mary Pickford

## Day 2 - Campfire Exercise

You need a quiet space where you will not be disturbed to do this exercise.

OK, so before we continue, please read again the lists you have done on Day 1. These positive messages about yourself need to be rerun until you subconsciously know through every cell in your body, just how special and unique you are. Many people could do these exercises, but no-one will have the exact same list as you. You are special. You deserve to be loved. Being happy is your birthright.

With this in mind I would like you to remember yourself as a small child, when you were about 5 years old. Take some time and remember what you were like then. Then I want you to visualise a big campfire, on a warm summers evening, the logs on the fire are crackling and giving off a warm glow. I would like you to see yourself as that small child, sitting by the fire. You are warm, you are safe. Then imagine yourself as you are now, sitting beside your child self. What would you like to say to this little child?

Maybe you would like to tell them how beautiful they are, remind them what talents they have. If they are sad about something, maybe you could give them a hug and reassure them that all will be well in time. You may want to tell them that the things they may worry about will all turn out right in the end. You might remind them that time with loved ones is to be cherished.

If they have other people around them that care about them, invite those people in your mind's eye, to join you both at this fire, and listen as they describe what they love about this child. This child is special, this child is loved and has nothing to be fearful of.

**Day 3 What do you love and respect about yourself?**

For this exercise write down five sentences with a reasons why you respect yourself.

Again this may not come easy, sit quietly if this is the case and the answers will come.

What is it that you do that is worthy of love and respect? Are you a great parent? A good friend? What do you take pride in?

Write these sentences in a short positive way e.g. I respect myself because I care for my mother.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

Now write five sentences about why you love yourself.

For example, I love how I can make others laugh.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

This may seem like a strange exercise to do, but we need to remind you just how much love and respect you deserve to have for yourself. You do not need to ask permission from anyone to be a confident, happy person; that is what you were born to be.

**Just write those 5 sentences down.**

## Day 4 Goal Setting

Again before we start today, please re read all the notes you have made so far.

Why set goals? Much research has been carried out that shows that people who set goals, and have them written down, achieve much more than people who don't. Dr. Robert Cialdini sites researchers who found that 92% of people took further action on a commitment that they had written down, compared with just over half of those who had not written anything down. Many successful people write down their goals, and my own personal experience is that it is very satisfying to look back over old goals I have set myself, and see how many I have achieved.

If you are used to writing yourself a 'To Do' list, then this should come easy, simply a list of everything you want in your life. At this stage we are not going to worry about how you are going to get these things, which will come later. Just for today - let's get clear on what you do want. Again if you are not sure, sit quietly and ask yourself what would your life to look like? Where would you be living? Who are you with? What are you doing? As with all the things in this short e book this is easy to do. I know it is easy not to do as well! So do it now, start your to do list, I'll start you off with an example:

Confidence goal: I feel confident when I make my talk to the rest of my team at work.

Confidence goal 1 .....

Confidence goal 2 .....

Confidence goal 3 .....

Confidence goal 4 .....

Confidence goal 5 .....

Research also shows that if you share your goals, you are more likely to achieve them, so if you can, share with a friend. If you have no-one you want to share with, e-mail them to me, at [confidenceac@aol.co.uk](mailto:confidenceac@aol.co.uk) I would really love to hear your goals.

## Day 5 Feeling Confident

This is a very powerful exercise used often in neuro-linguistic programming (NLP)

You can do this anytime, anywhere, and I personally use this in any situation where I want to really connect with my most powerful feelings of confidence. It is best if you can be alone, and maybe with some gentle soothing music on a low volume to help you switch off from the day and really engage your mind to support you.

Get comfortable, but stay alert. Take 3 deep breaths in and out. Relax.

Think of a time when were really confident.

Really get into that situation, remember what you could see, what you could hear, what colours can you see? What is the temperature? Are you alone, or are there other people there? What are doing, what are they saying to you? Close your eyes and really play back in your mind, what that felt like.

Remember that warm feeling of confidence. You feel incredibly confident.

Now just like using your TV remote control, turn up the colours you can see, so they become more vivid. The pleasant sounds you can hear, repeat them and make them louder. And the good feeling you have of confidence, turn that up too, until it not only fills all of your body, but goes beyond that into a huge ball all around you, filled with that wonderful, confident feeling that you experienced. Truly enjoy this feeling and stay in it at this intensity for at least 2-3 minutes. Take deep breaths and slowly open your eyes. Have a drink of water if you feel unsteady.

If you really can't think of a time when you felt supremely confident, try acting out the above as if you were a person that you admire for their confidence. What do they feel like inside, what do they say, hear, feel, see, smell? Really connect with that feeling.

Repeat this exercise as often as you need to. Your subconscious mind doesn't care whether this is a real event or not, it will be enjoying the experience as much as you. And this will be building memories into your mind, so much so, that confidence will soon become a natural state for you to be in.

How cool is that?

## Day 6 Dealing with 'nerves' or anxiety

*Remember that before we get to the last day that this e-book is an introduction to 'Effortless Confidence - For Life' a programme that in 90 days can set you up for subconscious success and help you to master confidence in every area of your life. To find out more, or to book a complimentary session with Gabby email [confidenceac@aol.co.uk](mailto:confidenceac@aol.co.uk)*

That horrible fluttery feeling we all experience is the result of extra adrenaline travelling from your brain to the rest of your body. It is the result of the 'fight or flight' response that automatically kicks in when our bodies sense we are in danger.

There are several techniques we will work through in the 90 day programme to deal with anxiety, but the first one is breathing.

'Yoga' breathing oxygenates the muscles and organs resulting in a state of calm. When we are tense we don't always notice how shallow our breathing has become.

The yoga breathing techniques can be used anytime when you have a spare minute and want to get yourself into a more resourceful state.

1. Really fill your lungs when you breathe in, breathe in through the nose.
2. Breathe out slowly, making the out breath twice as long as the in breath. Breathe out slowly through the mouth
3. Focus attention on the in breath bringing extra oxygen in, turning nutrients into fuel, and nourishing your body.
4. Breathing out is releasing the body of stale air, carbon dioxide, and the release relieves tensions.
5. Do this for a full minute for maximum effect.

## Day 7 Looking confident

Sometimes you meet someone and without them saying a word, you just know they are confident and in control. How do they do it?

The first thing we are aware of is when we meet someone new is body language.

Changing your body language is quick way to change

1. How you are perceived by others
2. How you feel about yourself

By changing your body language you can start to look more confident and feel it too.

This is not about deception, it is about making some very subtle changes that will allow you to become that confident person you want to be. Our 90 day programme goes into detail on many aspects of body language, some simple dos and don'ts.

The most important first impression you can give is simply to smile. Everyone looks better smiling (unless you are Jack Nicholson!)

Practice now how you think a confident person would stand and sit, shoulders back, deep breathing, smiling and open to others, not so worried about what others will think of them. Because as we have worked through the last 7 days, you know you are worthy of love and respect, don't you? I do.

Thank you for making the commitment to yourself of working through this book, I am so pleased that we connected.

## **Your next step: How to stay confident for the rest of your life**

This e-book is an introduction to 'Effortless Confidence - For Life' a programme that in 90 days can set you up for subconscious success. I trust that you have followed the steps in this book and are seeing some positive changes in your life. If you can do that in just 7 days, just think about what changes can happen in 90 days!

If you ever learned to drive a car, can you remember your driving lessons? I do! I was terrified, I thought I would never learn all the different things to remember, mirror, signal, manoeuvre, so much to do all at once! But now I have been driving for many years, I can confidently drive anywhere and not really be aware of how I drive, I just do it. And that is how I will guide you to master confidence in every area of your life, so it becomes as natural as breathing.

The 'Effortless Confidence - For Life' programme is packed with lots more exercises, meditations and practical tips that will guarantee success for you. It has worked for many people, and it will work for you. You will complete the daily and weekly tasks, which will support the goals we are going to work towards, together. It will be my privilege to support you through your journey to confident living.

Thank you for reading, I hope we can connect very soon,

Your friend,

Gabby

Any Questions? E-mail me any time at [confidenceac@aol.co.uk](mailto:confidenceac@aol.co.uk)

*'The best time to plant a tree is 20 years ago. The second best time is now'*  
*Chinese proverb*

**If you are ready to book your complimentary session - email today, I look forward to hearing from you.**