
7 STEPS TO MORE CONFIDENCE

Unlock Confidence You Never Knew You Had & Become The Ultimate Version Of Yourself...

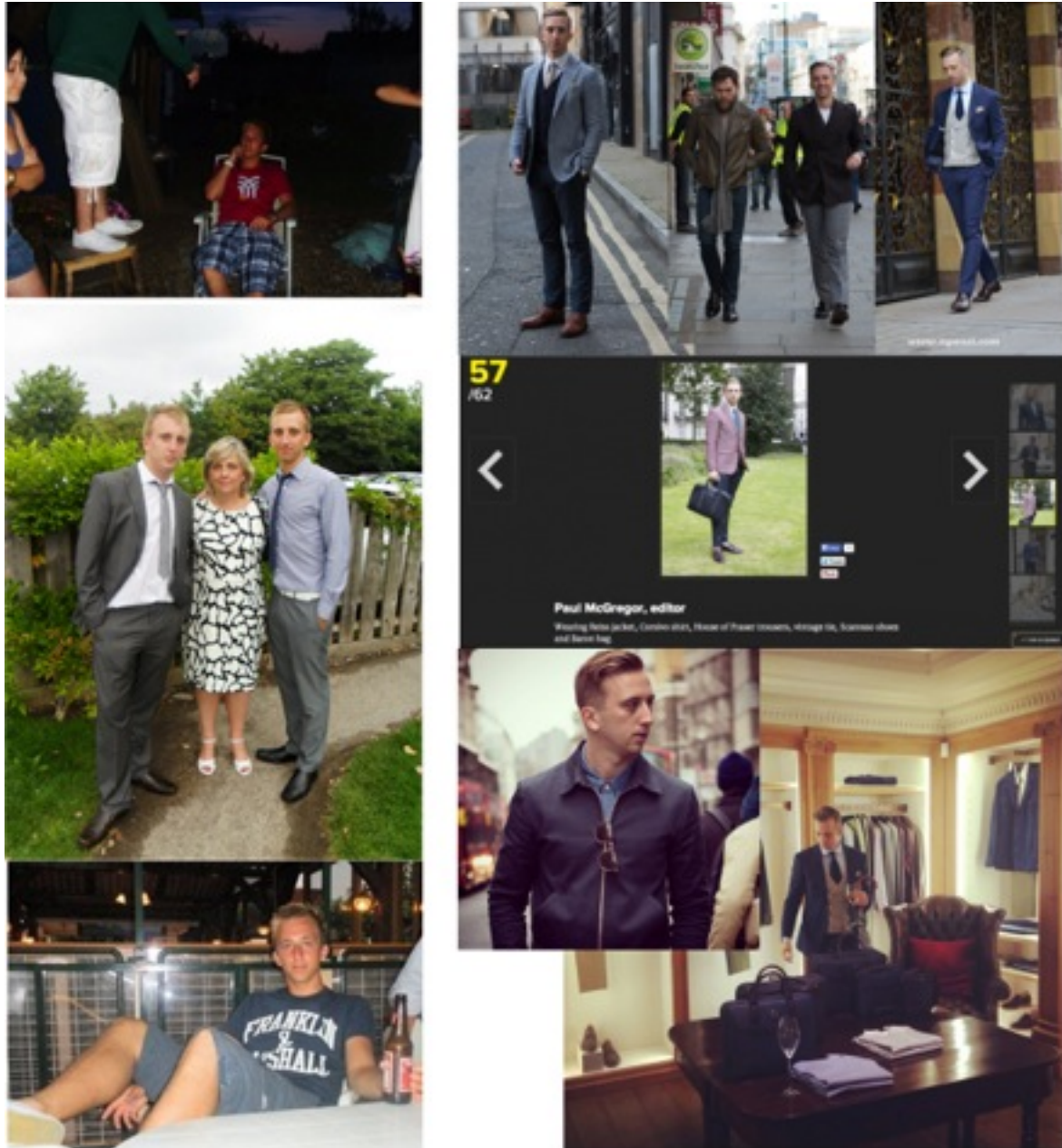
For the past 7 years I've been working on my personal development. On March 4th 2009 my Dad took his own life. He had a breakdown 6 months prior to his suicide in which he attempted suicide two weeks after, he recovered from his first accident and struggled to recover. When he took his own life my life was turned upside down. I hit a deep hole of depression, felt suicidal at times and dreaded tomorrow.

Suicide is currently the biggest killer of men. Did you know that? After I lost my Dad and hit depression myself I made a decision. Possibly the hardest decision but the best decision I ever made in my life. I decided to take control of my life, my future and improve my confidence.



I studied book after book, invested over \$25,000 in mentors to help in career, relationships and mindset, and I hunted for ways to improve my confidence.

This right here is the 7 Steps To Creating Confidence to feel (and look) the best you ever have.



Above is a small collection of images before I made the decision to change and after. Of course it's change for the physical eye, but inside I grew confidence I never knew I had.

I want to share with you the 7 Steps To More Confidence any man can unlock.

The Confidence Myth

I want to start with a small introduction to shift your opinions on your low confidence. Guess what?

There is no such thing as an unconfident man.

I for one was always someone who said 'I'm not confident'. But looking back I was bullshitting myself.

Ask yourself this...

Can you tie your shoelaces? In fact, are you confident in tying your shoelaces? I sure am. That means I'm confident in this specific area.

Would you say you're confident at shaving? In other words, you don't fear grabbing the razor for a shave? Again if you answered yes, you're confident in this specific area.

You're a confident person, confident in so many areas of your life... therefore don't tell yourself you're 'not confident'.

You see we treat confidence differently. It's about pinpointing areas you lack confidence, breaking through the fear and increasing your confidence within that given area. You might suffer with confidence approaching and talking to women, but all it is is fear. If you broke that fear you'd become more confident in this specific area... simple right?

We all have an 'inner confidence' waiting to be unlocked. It's about unlocking it through the 7 steps you'll discover in this book alongside focusing on areas you lack confidence the most.

Comfort zones are there to be broken. On the other side of fear is the good shit. It's where the magic happens.

If you drive think about the first time you sat behind the wheel. I bet you shit yourself, I bet you struggled to drive and you had butterflies in your stomach (I did.) After driving for a few months, even a year, you get behind the wheel and drive like it's natural to you. There's no effort, no fear, nothing. It's easy. It's because that fear, that comfort zone has been broken. It's the same with any area you lack confidence within.

Ready to discover the 7 steps?

For each step below grade yourself on each one. 10 being something you've mastered already and 1 being something you dramatically need to improve upon.

1. Your Style

You knew I was going to start with this right? I recently stopped pushing 'style' onto people and lost interest in it, but looking back it had a huge impact on my life. When I decided to dress better, I felt better, I unlocked a more confident mindset, I demanded more attention and I became an authority. This not only improved the relationships I built, it improved my business.

Did you know a well dressed man creates a better first impression, demands more authority and believe it or not in most cases earns more money throughout their career. Ever put on a suit and felt a million dollars? Have you ever went out to buy a new shirt for a night out and felt great wearing it? Improving your style gives you a similar feeling to when you lose weight...

The good thing with style is it's easy to improve. There's 3 basic principles that will transform your style.

1. The Fit - If clothing doesn't fit you it won't look good. I could wear a \$3,000 suit which is ill fitting and a \$200 suit which fits perfectly, the latter will look better. Understanding how clothing should fit is essential to improving your style. It's also important to note that you can get ANY clothing altered. Whether it's the \$10 Shirt from H&M or a Bespoke suit, you can get anything tailored to fit you.

2. Keep It Simple - We often over complicate things as men. We try to implement too many colours, prints, trends and we even buy too much. Keep things simple. Trace back to the stylish men of the 40's, what did they wear? They wore things you could wear today and look stylish today. Menswear is about investing in quality pieces, investing in timeless classics and keep the colour combinations simple.

3. Shoes Are Your Friends - I helped produce a video for MFM where we asked women what they liked in men. Of course confidence was number 1 (something you'll attain soon) but shoes followed in second place. Drop the sneakers and replace them with a classic Brogue or Oxford and see the difference it makes. A pair of jeans paired with a polo shirt and pair of sneakers looks casual, but jeans, a polo shirt and a pair of Tan brogues makes you ready to rock a bar.

Grade

2. Exercise More

Without going all scientist on you, exercising releases Endorphins (your feel good hormones). In other words, it makes you feel FUCKING AWESOME. Try heading into a gym, hitting some deadlifts, bench press, dumbbell curls and walk out feeling crappy. If you're not exercising and if

you're not looking after your body your confidence will remain untapped.

When you lose weight and gain muscle you gain confidence, it's simple. But what's your main reason behind taking care of your body? Did you know a lot of men decide to make change to their body after a break up, looking to make their ex jealous or to attract others. Whatever your reason is, exercising more, eating better and improving your physique will unlock some of your confidence.

Exercising and eating better is all down to habit. Build the habit by focusing on a plan that's sustainable. These are a few features I've created which will help get you on the bandwagon.

Grade

3. Know Yourself

How can you truly improve your confidence when you don't know what areas you need to improve on? Self awareness is a key fundamental to any successful man, and understanding your true self (and most importantly living your life as your true self and not someone you're pretending to be) is one of the best ways to unlock your inner confidence.

As a man we have strong egos that protect an identity we create. Therefore we have insecurities, we worry what others think of us and we play different roles to gain approval. If you're self aware and you know who the real you is, you'll discover confidence you never knew you had because you won't worry about other peoples perception of you.

Know your strengths and you weaknesses, understand the areas in your life you lack confidence and work on them.

Grade

4. Break Fear

The only way to truly unlock your inner confidence is to embrace the unknown. We all have comfort zones that protect us and we have fears that stop us from doing certain things. Comfort zones and not facing fear will hold you back.

If you're not confident when talking to women you'll fear doing it. Your heart will race when you

go to approach someone, you'll start to get a sinking feeling in your stomach and you'll start to worry about what she thinks. The only way to overcome that fear and become more confident is do it more often. Talk to more women. Embrace the fear, take risk, push your comfort zone and you'll start to become more confident.

An example I use is my public speaking. I hadn't speaking in front of people, I had no confidence with it. I got asked to present at a seminar 4 years ago and went to turn it down but The pay and the opportunity pushed me to take it. I had a strong enough reason to push the comfort zone. I delivered the speech to 100 odd people and shit myself. Not literally, but in terms of fear I shit myself for weeks leading up to it. I got through it, felt great and got asked back. Six months later before presenting again fear crept in, but this time it wasn't as strong. I broke the comfort zone again, faced the fear and afterwards I felt good. The cycle continued and after numerous presentations and lectures I'd comfortably say I'm confident at speaking in front of people now. I broke the comfort zone and improved my confidence.

The good shit happens on the other side of your comfort zones. Always look to break them. Take risks, embrace the Unknown and feel the fear and do it anyway.

Grade

5. Invest In Yourself

As men we happily invest in other things around us but ourselves. We invest in new cars, houses, gardeners, cleaners, we buy our partners gifts, our friends beers... But we struggle to say yes to investing in ourselves. When you invest in yourself you improve yourself. This will again unlock your inner confidence.

It could be as simple as improving your style as mentioned in step 1, spending an hour a day on yourself exercising, it could be investing in mentors and coaches to help you grow in certain areas of your life, even reading more books...

The quickest way to learn how to unlock confidence and excel in a certain area is invest in someone to show you how. If you lack confidence in social situations invest in yourself and find someone to help you push through that fear.

Someone who's been where you are and overcame it. You should invest in yourself everyday, whether it's spending an extra 10 minutes getting ready, exercising, doing something you love or investing in a mentor or coach don't shy away from investing in your own personal growth.

Grade

6. Love Yourself

I'm not going all feminine on you here, as I know women always strive towards loving themselves and sticking together. But as a man if you have low self worth you'll have low confidence. If you think you suck, how can you expect to persuade others you don't?

Learn to receive and accept praise and don't be so judgemental of yourself or others. Relate back to step 3 (Know Yourself) and step 5 (Invest in Yourself). By becoming self aware and by consistently working on improving yourself you're going to improve your self worth.

Think about the last time you felt good about yourself, the last time you felt like you were a world beater. You might have to trace back years but there will certainly be a time when you felt confident, a time you felt awesome. Imagine having that feeling everyday with everything you do? That's the feeling you have when you love yourself. It isn't arrogance, it's confidence in your ability, it's knowing your strengths and weaknesses and it's not being afraid of vulnerability or failure. No one can bring you down, no one can damage your confidence when you have high self worth.

Grade

7. Reprogram Your Mindset

The above principles work, they worked for me, others I've showed them too alongside some of the most confident and successful people you see everyday. But the only way the work is through consistency.

As humans we act and react in a way which is programmed by our mindset. Our mindset and the way we deal with things is typically programmed by the experiences and the thoughts we've had. If you've lacked confidence for years your mind is programmed that way, therefore it's going to take consistent action to change the programming.

Start with something that gives you an instant boost of confidence. Improving your physique, dress better and improve your grooming. This instant boost of confidence will propel you forward to break more comfort zones, take risk, love yourself and work on the other steps shared in this guide.

You want to consistently be taking action on all of the steps shared above to reprogram your mindset, unlock that confidence you already have and become a more confident man.

Grade

You're Already Confident

I've mentioned it already but I'll mention it again. You are confident. You're confident in areas you've broken through fear and you also have an inner confidence (like everyone else) ready to be tapped into. Utilise the above steps to release that inner confidence and to become the man you want to be.

I feel it's something that is always there, something you're born with that gets lost along the way, or stolen by others. Sometimes you have to dig deep to find it again. ~Amy Lee Tempest

**“Do Something
Today Your
Future Self Will
Thank You For”**

Speak 1 on 1 With Paul

If you're looking to improve your confidence and unlock your full potential for a limited time only you can jump on a phone call with me. On the call we will see where you're at, see where you want to be and I'll show you the best way of getting there.

Not everybody who applies is accepted, and this opportunity is only open for a limited time.

If you're interested, [click here to apply.](#)

YOUR CONFIDENCE ANALYSIS

****Print this page** - Use the below chart to highlight what areas you need to improve upon. For example, use a segment for each step. If you graded yourself 10/10 for 'Style' then colour in the whole segment. If you graded 5/10 then colour in 50% of the segment etc. Make a note of each step just outside of the segment. This will give you a visual representation of where you need to focus and improve upon to increase your overall confidence.*

