



The 21-Day Self-Confidence Challenge: An easy and step-by-step approach to overcome self-doubt & low self-esteem and start developing solid self-confidence (21 Day Challenges) (Volume 9)

21-Day Challenges

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The 21-Day Self-Confidence Challenge, the ninth book in the 21-Day Challenge series!

Are you tired of self-doubt, self-criticism and holding back? Do you often feel like you're not good enough?

Are you ready to change your life and reclaim your self-confidence?

Lets start with a thought experiment. Take a moment to imagine yourself, only a supremely confident version. If you have a ridiculous imagination like I do, you might like to really run with this and have fun. If you had zero body hang ups, no doubts about your value as an employee, no worries about your innate lovability and no second guesses as to how good your karaoke really was and whether people have just been lying to you this whole time ...what would things look like?

Think of how you'd be at work, at home, with those you love and those you don't. Think of all the things you'd do differently. Imagine yourself saying and thinking all those things, now, in detail.

Now, this is the important thing: you can feel this way right now. Yup. You can feel brave and confident and full of a sense of your own self esteem right now, just as you are.

What's your reaction to that? If you're like most people, it's something along the lines of "psssh, yeah right!"

While everyone can agree that it's great to have self-confidence, we generally imagine it's only reserved for those special people who've earned it, and that yeah yeah, we'll get there someday. But why not right now?

Have you noticed that most children seem to bounce into this world with a really hefty amount of self-confidence? But people grow up and get the shine knocked out of them, and most teenagers, especially after a few years in the public education system, not only don't have confidence in themselves, they actively doubt their own worth. Chat to fully grown adults and many of them have abandoned their dreams long ago, feel average on even their best days and have a steady stream of negative self talk playing on in their heads almost constantly.

The 21-Day Self-Confidence Challenge will help you to:

- Become the best version of yourself
- Stop being so dependent on what other's might think
- Gently push yourself outside your comfort zone and realize that that's indeed where the magic happens!
- Increase social confidence and approach new people

- Reach your goals and dare to dream big
- Speak and express yourself in public
- Deal with your fear of rejection
- ..and much more inside!

Learn how to overcome self-doubt & low self-esteem and start developing solid self-confidence TODAY! Are you ready to take the challenge?

Update! Now available "11 books in 1: The 21-Day Challenges Box Set"

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