

I am an expert

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I have knowledge and skills that matter. I am an expert who is able to communicate great ideas and make the world a better place. **I have a real and profound impact on society.**

I learn things quickly and can implement the knowledge with ease. I use my expertise to help my coworkers, friends, and family.

I diagnose issues at work and solve them quickly. I am dedicated to my field and enjoy my work. I am an expert in my industry. I am proud of my accomplishments and skills.

I gain the trust of others because of my expertise.

I am confident in my abilities. My knowledge boosts my self-esteem. There is depth and breadth to my knowledge. I have the qualifications to back up my expertise. I study new topics and expand my horizons. I learn new things to increase my knowledge base.

I am open to new ideas that establish me

as an expert.

I spend time with other experts, and I am happy to learn from them. We enrich our lives by sharing knowledge and ideas. They help me recognize the areas in which I can increase my skills. I welcome their insight and point of views.

Today, I focus on my expert skills and abilities. I pay attention to how I help the world with my knowledge.

Self-Reflection Questions:

1. What can I do to maintain my expertise and increase my skills?
2. How can I learn to handle obstacles and challenges that affect my confidence?
3. How can I use my expert knowledge to help the world?