

# My thoughts and actions are grounded in confidence

**My thoughts and actions are grounded in confidence.**

I have faith in myself and in my abilities. When I am grounded in confidence, I have positive and confident thoughts that result in positive and confident actions.

It is much more challenging to be successful or happy without confidence. On the other hand, with confidence, everything is possible.

When I lack confidence, luck plays a greater role in my future. **I can live a life free from the need for luck by being confident in myself.** I have confidence so I can have control over my thoughts, actions, and life.

My confidence is grounded in my experiences. I have many successes and I remind myself of those successes daily. My work and dedication lead to feeling more confident. My past provides the foundation for my confidence. I quickly forget any negative experiences.

If I catch myself having a thought that lacks confidence, I immediately stop and remind myself of my successes. **I only allow**

**confident thoughts to remain in my mind.** All other thoughts are banished.

I start each day by allowing confidence to well up inside of me. It feels as if I am filled with a pure, white light. The resulting warmth gives me confidence and courage.

Today, I remind myself of my many past successes. I only entertain thoughts and actions grounded in confidence. I have faith in my abilities and intelligence.

## **Self-Reflection Questions:**

1. What are my greatest successes so far?
2. What other things have I done that I can be proud of?
3. What are the situations that create doubt within me? What can I do to let go of that doubt?