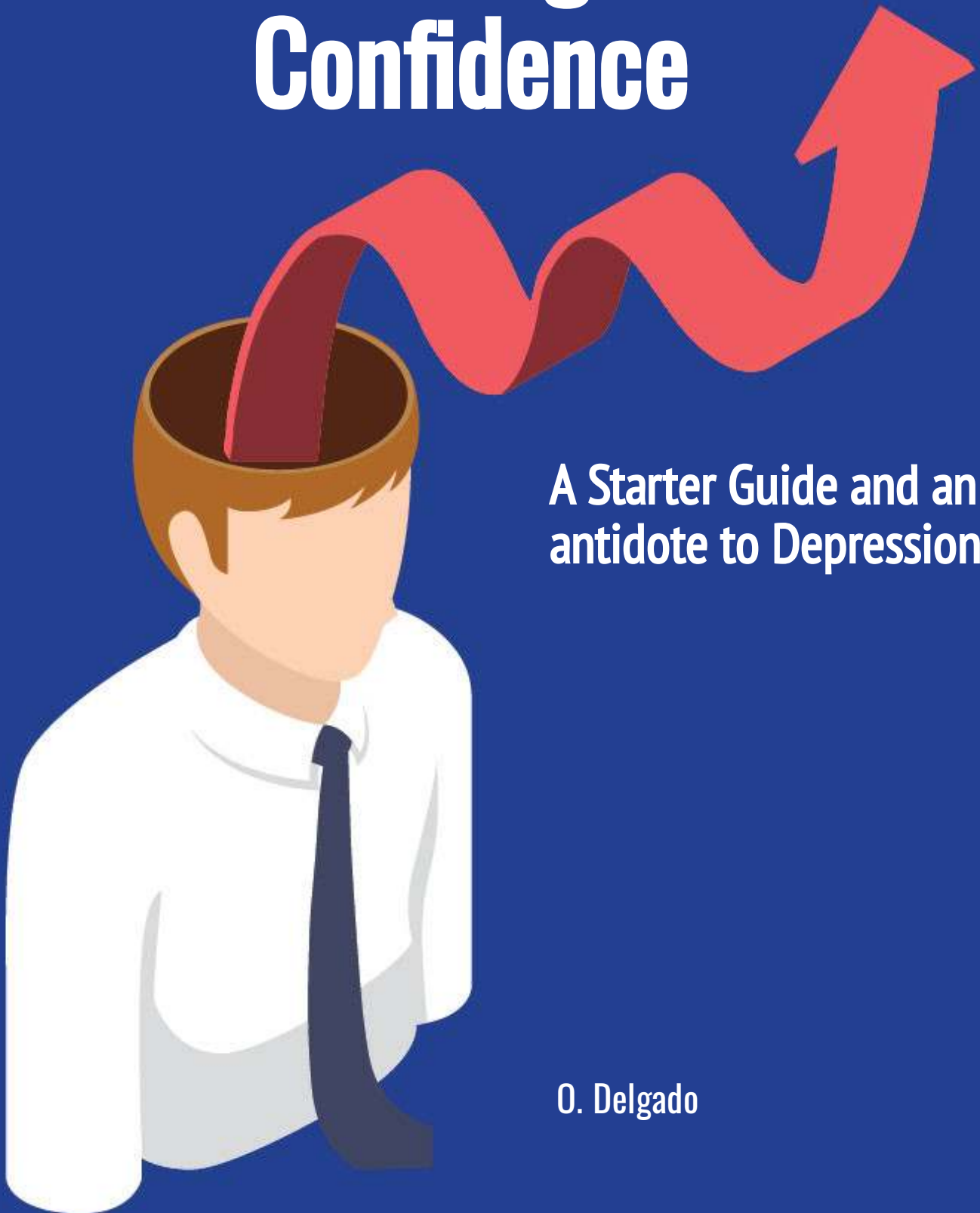


Mastering Self Confidence



A Starter Guide and an
antidote to Depression

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A POWERFUL GUIDE TO PROMOTE SELF WORTH AND TO BUILD SELF-CONFIDENCE WITHIN

Foreword and Disclaimer

My name is Orlando Delgado and I write eBooks as a hobby. I cover a wide range of topics that I find interesting and as such enjoy sharing what I have learned using this medium. I do not profess to be an "expert" on any subject I write about. Rather, I like to share the information I have gathered as a result of my own research and interests in different areas. I hope you will enjoy my eBooks. The information contained in "Mastering Self Confidence" and its components is meant as a cursory collection of strategies that the author of this eBook has researched using from many different sources, readily available online. Summaries, strategies, tips and tricks are only recommendations by the author, and reading this eBook will not guarantee that one's results will exactly provide any guaranteed results. The author of this eBook has made all reasonable efforts to provide current and accurate information for the readers of this eBook. The author and its associates will not be held liable for any unintentional errors or omissions that may be found. The material in the eBook may include information by third parties. Third party materials comprise of opinions expressed by their owners. As such, the author of this eBook does not assume responsibility or liability for any third party material or opinions. The publication of third party material does not constitute the author's guarantee of any information, products, services, or opinions contained within third party material. The use of third party material does not guarantee that your results will mirror our results. Publication of such third party material is simply a recommendation and expression of the author's own opinion.

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Optimism! It all lies in our positive perception of our personality, the events occurring around us and life itself.

So long as we believe in the goodness that we may have in life, we are bound to enjoy it the way every man should.

Unfortunately, many of us cannot grasp optimism from a life that is muddled with miseries, morbidity, and struggles. Of course, life's pleasure would not be appreciated if it were not equaled with unhappiness. Pain cannot be felt if all we know is joy.

Tears would lose its worth if we always experience happiness. Confidence would not be recognized if we do not fall flat on our face sometimes.

Life is a gratifying privilege and we can make everything we want from it. We have to start early in building our foundations so that we won't have to lose precious moments that shall never pass by us again. A moment that's gone is gone forever but your light won't even lose its value long after you have gone.

With optimism in life we would be able to recognize the fullness of our potentials. Everyone has an equal chance for recognition yet many of us fail to share with the limelight because we surrender even before the battle begun.

If you would want to share with what the world offers, you must be brave enough. Nothing should stop you from living your life, not even the miserable demons of low self-confidence.

Those who braved life are those who are confident enough of themselves. Sometimes, we just have to take risks so that we might discover what lies in our road. Taking risks though requires lots of faith in yourself. Without this, you would be like a warrior who has lost his armor.

From birth, we were equipped with all the skills that we will use in the later stages of our lives. One such skill is the ability to face challenges and to face them with faith, both in ourselves and to Him who has created all of us.

All of us had an equal chance to develop our sense of self, even when it feels like our fellow is much blessed than us.

We normally have the common notion that life is unfair when in fact, it is not. We all have our shares of blessing and our shares of challenges. It just lies in our perception of things and the manner by which we handle things.

The same thing goes with self-confidence and self-esteem. Many of us think that the man we are looking up to shared much of life's blessings because he can bear himself better, he can face the public better and he is much eloquent and more confident than most of us. Remember that before he even got there, he has to face challenges that contributed to his self-esteem and self-confidence. All of us can be that man, only if we believe in ourselves enough.

We just have to find our own enlightenment to be able to achieve the building of good foundations for our self-esteem and self-confidence. Changes must come from within before we can accept the assistance that comes from outside. Realization of how valuable you are and how beautifully you were created cannot be helped by outside

reinforcement if you, yourself do not want to accept this one simple truth.

Go on, help in the discovery of yourself and that is among the most wonderful venture you will take in life.

Chapter 1: A Philosophy That Will Increase Your Self-Confidence



Everyone takes pride with all the things that we possess.

May it be the achievements that we had, or the present living that we were able to produce, each one of us has become an achiever on our own.

Many of us may have denied this truth though. But you see, it is obvious- everybody is capable of doing anything only if we give our hearts into it and we set our minds in doing it.

No one is deprived of the capacity to enjoy life's successes. Only those who deprive themselves of these gifts are the sufferers. Are you among them?

Leave your answer hanging then whisper it to yourself. Whatever the output is, see to it that you would change things for the better.

If you can say that you are confident enough then good! But don't settle yourself with what's enough. There will always be gaps and you should cease the opportunities for improvement.

If, however, you answered no then don't tarry. Wasting your life to senseless whimpers of negativism would obviously cause you to regret everything at every moment you depart.

How painful it would be to know that you were equipped with everything you need to achieve but dared not use them.

There was once a young eagle who happened to be raised in village of chickens. He was oriented to chicken living and was raised to believe that he is one of them. For long, he has been watching the eagles hover in midair with their display of magnificence.

For each time that he stands in awe of these airborne eagles, he wishes that he was born like them. He dared not to spread his wings though yet every day, his heart cries for soaring the heights eagles soar. He failed to discover his potentials and real self and thus, he died a chicken-ever longing to become one of those to which he truly belongs.

Every one of us is an eagle. We are all capable of flying to the maximum of our potentials. Unless we spread our wings and dare to discover our real self, we will forever be bounded by our failure to transcend heights and become the real people that we were meant to become.

Now, if we would only realize the eagle that is sleeping within us then we could have all lived a life of happiness and contentment.

We were all born entitled with achievements and successes. The Universe is too good for us that she took time to secure everything that we would need to soar. Don't waste this very opportunity by putting loads in your back so you would be delimited and thus, incapable of flying.