



June



INDOMITABLE SELF-CONFIDENCE

JUNE

**INDOMITABLE
SELF-CONFIDENCE**

KEVIN AILLAUD

**Master Life Coach
Master Confidence Coach
Cognitive Mastery Coach**

Contents

Major Lessons We Will Read, Learn, and Discuss This Month	3
What Is It?	4
How Is It Different from Arrogance?	6
Why Most of Us Don't Have It	7
Indomitable Self-Confidence Is a State of Being	8
Indomitable Self-Confidence Is an Attractive Tool of Influence	9
Increasing Indomitable Self-Confidence	10
Final Tips for Indomitable Self-Confidence	14
Monthly Assignment	15

Major Lessons We Will Read, Learn, and Discuss This Month

1. What Is It?
2. How Is It Different from Arrogance?
3. Why Most of Us Don't Have It
4. Indomitable Self-Confidence Is a State of Being
5. Indomitable Self-Confidence Is an Attractive Tool of Influence
6. Increasing Indomitable Self-Confidence
7. Final Tips

What Is It?

The definition of Self-Confidence says: To be secure in yourself and your abilities.

I like to define it using Three Pillars. It's your ability to trust yourself. It's knowing you can experience any emotion (including failure) without being harmed. And it's your overall opinion of yourself.

Let's break each of those down.

YOU AREN'T BORN
WITH
INDOMITABLE SELF-
CONFIDENCE; YOU
EARN IT FOR
YOURSELF BY
KEEPING YOUR
WORD AND DOING
WHAT YOU SAY AT
THE HIGHEST LEVEL.

Ability to trust yourself

This comes down to knowing that you will do what you have said you will do. You will follow through on your plan. You will take care of yourself. You will do the responsible and useful thing for yourself even when you don't feel like it.

This is very different from saying you will do something and then hoping you follow through. This leaves room for self-doubt, which is the opposite of Self-Confidence. If you can't count on yourself, you will feel insecure and "at the effect of" yourself instead of in charge, in control, and self-confident.

The ability to trust yourself comes from consistent follow through on your word to yourself as a starting point. You aren't born with Self-Confidence; you earn it for yourself by keeping your word and doing what you say at the highest level.

Knowing that you can experience any emotion

The worst that can ever happen is an emotion. Truly, emotions are what make life bad when it's bad. Most of us spend too much time in self-doubt because we don't know that we can handle anything that comes our way. Despite our fears of being permanently harmed, there is no emotion that we can't feel and process all the way through.

When we are willing to experience any emotion and we know it's the worst that can happen, we will be flooded with Self-Confidence. The ability to feel is like our safety net for anything we want to do. It takes the risk out of everything and gives us a "bring it on" attitude.

A SELF-CONFIDENT
PERSON IS GOING
TO THINK THEY
ARE GOOD, AND
CAPABLE, AND
WORTHY.

Your opinion of yourself

What you think of yourself is what generates or depletes Self-Confidence. If you think about it, confidence is a feeling, and Self-Confidence is a feeling about the self. All of our feelings are going to come from our thinking, so the way we think about ourselves will determine whether or not we feel confident.

A self-confident person is going to think they are good, and capable, and worthy. They are going to think they are strong and competent. Now, notice this doesn't have to be proven or true—Self-Confidence is a feeling that creates a result, and that result doesn't have to be completed perfectly to create the feeling.

How Is It Different from Arrogance?

Arrogance is thinking you're better than someone else and then trying to prove it. Arrogance actually comes from a place of creating false Self-Confidence by trying to put others down.

The way arrogance works is by trying to get a higher opinion of yourself by comparing. Often, instead of building yourself up, this is accomplished by putting the other person down.

ARROGANCE
DENIES FAULTS
BECAUSE IT CAN'T
TOLERATE FEELING
ANY TYPE OF
REJECTION.

Ironically, arrogance typically comes from a lack of Self-Confidence. Self-Confidence, when genuine, understands that all humans are awesome and capable by appreciating the humans that we are. It doesn't need to or even allow the putting down of others.

Notice that most criticism of others is usually projection. This means we are compensating for our lack of confidence by trying to make ourselves better in our own minds than someone else.

Arrogance denies faults because it can't tolerate feeling any type of rejection. This is why arrogant people often lie or exaggerate their abilities and accomplishments. Arrogance is based on fear and not Self-Confidence.

Indomitable Self-Confidence says we are all capable and amazing. I can handle fear or any other negative emotion. It's an abundant feeling, not one of scarcity.

Why Most of Us Don't Have It

Most of us aren't self-confident. Why would this be?

Let's explore via the Three Pillars...

We don't trust ourselves. We don't understand how to manage our minds, so we feel out of control with our feelings and actions. This leads us to let ourselves down consistently. This undermines our ability to trust ourselves and stay in integrity with our wants and desires.

WE DON'T WANT
TO FEEL ANY
NEGATIVE
EMOTION, SO WE
HIDE AND AVOID
THEM.

We are afraid of feeling our emotions. We don't want to feel any negative emotions, so we hide and avoid them. This leaves us scared to do anything that has the risk of failure. We are always questioning our ability because we have to do it perfectly or we will feel negative emotion.

Our opinion of ourselves is very low. We don't spend a lot of time thinking highly of ourselves. Our brains are programmed to see what's wrong, so that's what it's always looking for. It finds negative thoughts that create negative emotions. This is the opposite of self-confidence.

Indomitable Self-Confidence Is a State of Being

THINKING
THOUGHTS THAT
CREATE
CONFIDENCE AND
BELIEVING THEM IS
A SKILL.

Thoughts create feelings.

Beliefs create states of being.

Beliefs are just thoughts you think over and over.

Thinking thoughts that create confidence and believing them is a skill.

Most of our beliefs are recycled. We don't even realize how much self-doubt and anxiety our beliefs produce because we've always thought this way. Familiar and efficient thinking is almost comfortable in its predictability.

Here are examples of some past recycled thoughts:

- Failure is weakness.
- I'm different from someone who is super successful.
- I don't know how.
- They are different, special, privileged, and lucky.
- Rejection is the worst thing that can happen.
- Other people's opinions define me.
- The less risk I take, the better.
- Confidence is something you either have or you don't.
- How I look, money, upbringing, or intelligence determine my confidence.
- I'm a victim and damaged.
- Fear means you aren't confident.
- Confident people are comfortable and don't feel afraid.

Indomitable Self-Confidence Is an Attractive Tool of Influence

It's not necessarily loud and outgoing. It's not bossy or controlling or a know-it-all.

Self-confident people have no problem admitting when they don't know something, don't have the answer, or when they fail.

When you have more Self-Confidence, you will:

SELF-CONFIDENT
PEOPLE HAVE NO
PROBLEM
ADMITTING WHEN
THEY DON'T KNOW
SOMETHING, DON'T
HAVE THE ANSWER,
OR WHEN THEY FAIL.

- set more goals
- take more action
- talk to more people
- take more risks
- achieve more
- believe beyond your current capability and capacity
- live into your future

In any conversation, the person who has the most certainty and the most belief will influence the conversation.

Self-Confidence is practiced self-belief. You have to be certain about yourself and your amazingness.

Don't rely on your ability—rely on your belief that you can handle anything because everything is just a feeling, and you understand where feelings come from.

Self-Confidence is wonderful for you and the people around you. They will love being in your energy of abundance. It will feel attractive and will create attraction.

Increasing Indomitable Self-Confidence

Increasing Indomitable Self-Confidence comes from changing your thoughts about yourself.

You can increase it by considering the possibility of what you can create in the future. The more certain you are of the possibility, the more confidence you will have moving toward it.

YOUR BRAIN DOES
NOT PRODUCE
SELF-CONFIDENCE
NATURALLY. IT
PRODUCED FEAR,
WORRY, AND
DOUBT.

Afraid of failure?

Afraid of disappointment?

Imagine your life if you were willing to feel both of these feelings without resistance.

Your identity is built on your beliefs about yourself. Your identity beliefs determine your consistent state of being.

Do you need to change your identity? Your identity is not fixed. It's created daily.

Your brain does not produce Self-Confidence naturally. It produces fear, worry, and doubt.

You have to work against:

1. Your humanness.
2. Your programming.
3. Your beliefs and your thinking.

You have to train your brain to produce Self-Confidence naturally.

Fear doesn't prevent Self-Confidence—the unwillingness to feel fear does.

ACTIONS INCREASE
CAPABILITY, AND
CAPABILITY
INCREASES
CONFIDENCE.

We have to be willing to experience discomfort consistently in order to be self-confident.

Your willingness to experience the vibration of the worst case scenario leaves you with nothing to lose.

You don't need to worry about losing protection from:

- Humiliation
- Rejection
- Embarrassment
- Isolation

We give up Self-Confidence for the illusion of safety, security, and consistency, but really, the opposite happens.

We are just failing ahead of time.

Beliefs create Indomitable Self-Confidence.

Here are some examples of thoughts and actions that can produce Indomitable Self-Confidence:

What others think about me is 100% about them.

I was made for this.

Fear is no big deal.

The worst that can happen is a feeling.

I have my own back.

My potential is limitless.

Failure earns success.

The better I fail, the more confident I am.

Worry only pretends to be necessary.

So what?

What I make it mean is the worst that can happen.

Actions increase capability and capability increases confidence.

Moving forward increases Indomitable Self-Confidence.

Massive action helps increase it.

Do the stuff you are scared to do. Repeat.

Make decisions.

Honor your decisions.

Define opinions.

Give up approval seeking and give yourself approval NOW.

Indomitable Self-Confidence comes from only needing your own approval.

Learn by doing.

If you don't know something, learn by taking action to find out how.

Don't compare yourself.

Don't be offended, ever. EVER!

Let them judge you.

Let them be wrong about you.

Don't live in fear of the haters.

In the end, we all die. It's over before we know it.

- We will have controlled very little.
- None of it will mean much.
- So we might as well lay it out, go hard, and don't look back.
- Your life is passing moments and each moment is a gift.

Final Tips for Indomitable Self-Confidence

1. Stand tall and open your chest.
2. Breathe like you mean it.
3. Dress the way you want and own it.
4. Speak up.
5. Smile.
6. Talk about your future.
7. Read and listen to positivity.
8. Give compliments all day and mean them.
9. Memorize what courage feels like.
10. Just be awesome.

Monthly Assignment

This month, we're going to work on *Indomitable Self-Confidence* by taking some massive action.

Each week, I will give you a slightly different assignment to take this work deeper. **Please do not dismiss the assignment.** You will not increase your Indomitable Self-Confidence by watching others win. You have to fail your way to winning.

You have to make a commitment to taking the action, building the capability, and therefore increasing your confidence.

Each day, you will choose a Dare Of The Day to take.

Here are the rules.

1. Pick one thing per day that scares you, and do it.
2. It has to be something that requires you to "get over a fear."
3. Write about it before and after.
4. Do not miss a day.

If you commit to doing this now, you will not be as likely to back out when the day comes. So choose to do this to get good at being self-confident. Then, when the time comes to execute your DOTD, practice feeling courage.

I've also included some Thought Download and Model sheets at the end. Continue to work on clearing out the thoughts in your brain and working the Model on how these thoughts are creating the results in your life.

Here are some ideas, but if they don't scare you, you can't use them.

1. Ask for a discount on anything—make sure it's outrageous.
2. Ask for a raise.
3. Ask someone to hire you (or make offers of your service).
4. Go up to a stranger and ask for something.
5. Give someone an outrageous compliment.
6. Write down your deepest thoughts/beliefs/fears and share it with someone.
7. Double your price.
8. Ask for the day off.
9. Speak in public.
10. Wear something revealing/show off your body.

The more outrageous your dare, the more self-confident you will be. The point is to get really good at doing very scary things.

Week 1

Complete this assignment over the next week in addition to your dare of the day.

Week 1 Assignment: Make a list of all the areas in your life where you feel self-confident. Next to the areas, write the reason (thought) why you feel this way. Make sure you fill the page.

Example:

Pouring a glass of water.

Not afraid to fail. Believe I can do it.

Coaching my students.

I have a model that works on all problems.

AREA OF CONFIDENCE

REASON FOR CONFIDENCE, (THOUGHT)

[illegible]

Day 1

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 2

1. What is your dare of the day?

2. What is your thought about doing it?

3. Complete a model on your fear of it (fear on the F line).

C

T

F

A

R

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

T

F

A

R

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

Day 3

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 4

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 5

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 6

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 7

1. What is your dare of the day?

2. What is your thought about doing it?

3. Complete a model on your fear of it (fear on the F line).

C

T

F

A

R

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

T

F

A

R

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

Week 2 Assignment: Create an accomplishment log. You can list little things and big things you have accomplished. The point is to acknowledge everything you have done that you once hadn't done or couldn't do. Fill the entire page.

Example:

Won an award.

[illegible]

Day 1

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 2

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 3

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 4

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 5

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 6

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 7

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Week 3

Complete this assignment over the next week in addition to your dare of the day.

Week 3 Assignment: Write about everything you are currently afraid of that holds you back. Don't be shy. Go for the worst case scenarios. Evaluate what you think would be horrible about failing. Anticipate getting into trouble or danger with your newfound confidence. Include the fear and the reason.

Example:

I'm afraid I'll lose all of my money.

I will end up homeless and unliked.

I'm scared of making a mistake.

People will reject me.

WHAT I'M AFRAID OF

WHY I'M AFRAID

WHAT I'M AFRAID OF

[illegible]

WHY I'M AFRAID

[illegible]

Day 1

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 2

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 3

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 4

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 5

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 6

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 7

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Week 4

Complete this assignment over the next week in addition to your dare of the day.

Week 4 Assignment: This week, we're going to remove the barrier of what other people think about you forever. We're going to take a deep dive into your "everyone" and what "everyone will think." You will decide from now on to only take action based on what you will think.

1. What do people think about you now?

2. If you went for all your dreams and achieved them, what would people think?

3. If you went for all your dreams and failed, what would people think?

4. In what ways are people right about you? So what?

5. In what ways are they wrong about you? Are you willing to let them be wrong?
Why or why not?

6. What are you committed to believing about yourself no matter what others may or
may not think?

Day 1

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 2

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 3

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 4

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 5

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 6

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Day 7

1. What is your dare of the day?

.....

.....

2. What is your thought about doing it?

.....

.....

3. Complete a model on your fear of it (fear on the F line).

C

.....

T

.....

F

.....

A

.....

R

.....

4. Now create a model with Indomitable Self-Confidence on the F line and completing the dare on the R line. Fill in the rest of the model.

C

.....

T

.....

F

.....

A

.....

R

.....

5. Complete your dare and write about it here. What did you learn about yourself and your Indomitable Self-Confidence?

.....

.....

Thought Download

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Unintentional Thought Pattern

C

T

F

A

R

Intentional Thought Pattern

C

T

F

A

R

Thought Download

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Unintentional Thought Pattern

C

T

F

A

R

Intentional Thought Pattern

C

T

F

A

R

[illegible]

[illegible]



KEVIN AILLAUD

LIFE COACH & CONSULTANT

RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH