

## **Self-Confidence Formula**

1. **I know that I have the ability to achieve** the object of my Definite Purpose in life, therefore, I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.
  
2. **I realize the dominating thoughts of my mind will eventually reproduce themselves** in outward, physical action, and gradually transform themselves into physical reality, therefore, I will concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.
  
3. **I know through the principle of auto-suggestion,** any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it, therefore, I will devote ten minutes daily to demanding of myself the development of SELF-CONFIDENCE.
  
4. **I have clearly written down a description** of my DEFINITE CHIEF AIM in life, and I will never stop trying, until I shall have developed sufficient self-confidence for its attainment.

5. **I fully realize that no wealth or position can long endure unless built upon truth and justice,** therefore, I will engage in no transaction which does not benefit all whom it affects.

6. **I will succeed by attracting to myself the forces I wish to use,** and the cooperation of other people. I will induce others to serve me, because of my willingness to serve others.

7. **I will eliminate hatred, envy, jealousy, selfishness, and cynicism,** by developing a love for all humanity, because I know that a negative attitude toward others can never bring me success.

8. **I will cause others to believe in me,** because I will believe in them, and in myself.

9. **I will sign my name to this formula, commit it to memory, and repeat it aloud once a day,** with full FAITH that it will gradually influence my THOUGHTS and ACTIONS so that I will become a self-reliant, and successful person.

*Napoleon Hill* - From the classic book *Think & Grow Rich*

Sign \_\_\_\_\_

Date \_\_\_\_\_