

# How to be confident



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## Introduction

Confidence is about having self-belief and can be easily learnt. It is a state of mind. Once learnt, it opens up so many new possibilities.

Increased confidence can enable all of us to do what we have always wanted to do but have been too scared to do. Once fear is replaced with confidence it becomes easy to:

- ♥ Speak in public
- ♥ Ask for a promotion or raise
- ♥ Recover from an illness or past traumas
- ♥ Find your ideal partner
- ♥ Make any business successful
- ♥ Start doing what you really want

Lack of confidence includes the small voice in our heads that says “no, I cannot”. Do you know the one I mean?

So what are some of the ways to feeling and being more confident? Here are our tried and tested 10 keys on how to feel and be more confident:



*We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot.*

Eleanor Roosevelt

## 1 Celebrate the victories – big and small

Identify all the events you are proud of and even achievements that now may seem common, part of a daily routine. For example, the first time I learnt to brush my teeth or the first time I learnt to walk.

There may be more recent examples, for instance asking someone out on a date, being honest with myself, opening a door for someone else or perhaps being there for someone in their moment of need. Examples of victories include:

- ♥ Passing an exam
- ♥ Speaking the truth
- ♥ Completing a goal
- ♥ Having the courage to say goodbye to a relationship

Sometimes we forget how far we have come and all that we have achieved. Remember all that you have achieved so far, no matter how big or small. What are some of the victories you need to celebrate now?



## 2 Write down your 100 amazing qualities and read them

Write down all the 100 qualities you love about yourself and then the 100 qualities others love about you. Keep these qualities close by so that you can read them often. If you find you cannot find 100, start

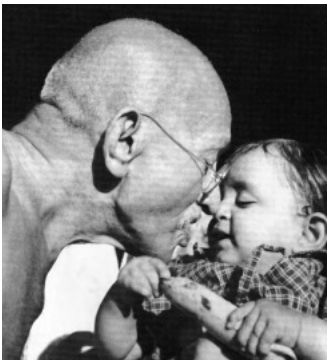


writing down all the amazing things you can do. There will be many things you can do, for example smile, hug someone, cook, clean the house, go to work or have a shower.

### 3 Learn from people who are more confident

Spend time with people who are more confident. Notice what they do and how they do what they do. Observe their speech, their body posture, their breathing, the way they speak and how they communicate.

Ask them questions about what makes them feel confident. For example, What do you do when you feel confident? What do you say to yourself when you are confident? Where is your focus when you are confident? Make a note of everything they say and do and then replicate it. Do what they do and how they do what they do. You will notice you will start to feel more confident. In Neuro-linguistic programming this is called modelling. It is the art of noticing what someone does



really well and then replicating it yourself. Modelling can be used to learn skills very quickly from people who are very good at it. It is a core component of NLP training and it can help to increase confidence. I used modelling to:

- ♥ Increase harmony in my personal life
- ♥ Improve my ability to speak in public
- ♥ Communicate more effectively with customer and clients
- ♥ Feel more fulfilled in my relationship life

If you had to model someone, I wonder who you would pick? For example Richard Branson, Mother Teresa, Dalai Lama, Gandhi ji, Nelson Mandela or maybe your favourite celebrity, family member or business leader.

## 4 Adopt the posture, breathing and focus of confidence

Imagine yourself as already confident. Sit how you sit, stand how you stand, breathe how you breathe as if you are already confident. Notice when you are confident where you are breathing from. What is your posture like? Where are you focusing your attention? What are you saying to yourself.



Examples include “When I am confident I sit up straight, breathe deep from my belly and look ahead, my focus is on being successful and I say to myself I CAN DO IT, YES I CAN DO IT.”

We all have our strategy for confidence and I wonder what your strategy for confidence is?

## 5 Start the day with a positive affirmation



Daily affirmations are a process of conscious thought or prayer that a person might repeat or affirm during the day. They are usually a sentence or two, which may be the same thought on a daily basis, or may be different. The idea of daily affirmations is that they tend to focus on a positive thought upon which you can dwell, which can uplift the mind, make you feel better about yourself, or help you feel

supported by the divine.

Examples of daily affirmations to boost confidence:

*"Every day in every way I am becoming more and more confident"*

*"I feel so happy I can't stop laughing"*

*"I love and accept myself wholly and completely"*

*"I feel so sexy I can't stop smiling"*

I tend to say mine in the mirror every morning.

I wonder what daily affirmations you would like to make every day?

*Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all.*

Norman Vincent Peale



*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."*

Marianne Williamson, Return to Love: Reflections on the Principles of "A Course in Miracles"

## **6 Stop worrying about what others think and start being you**

All too often in life we limit ourselves because of what others think. For example, the neighbours, work colleagues, parents, partners, as well as friends.

There was a time when I limited myself because I was worried about what my friends would think and I did not study and failed one of my exams. I just wanted to be cool and liked and did not pay any attention to going to class. Being cool was not me. I enjoyed studying.

When I stopped worrying about what others thought of me I found that I started to move in the flow and with flow with ease and less effort. For example, now I have the career I love and get to travel

around the world running training programs in confidence, well-being and happiness using techniques like NLP (Neuro-linguistic programming), EFT (Emotional Freedom Techniques), Meditation and Hypnosis.

## 7 Be kind to yourself and others



Kindness increases a happy hormone called oxytocin in our bodies. This hormone is produced when we are in love or do something kind for ourselves or others.

Acts of kindness includes smiling, hugging, opening a door, saying thank you or helping someone in need.

I wonder what acts of kindness you will carry out today? As you think about it now imagine your Oxytocin levels increasing. Imagine being kind to yourself – I wonder how you might want to invest in yourself and what kinds of things you might want to learn to be kind to yourself. Just taking a breath in and out now, coming into this moment, noticing how it feels to be kind to you.

## 8 Let go and learn from the past hurts and disappointments

The past does not have to equal our future and yet there are times when it feels like our past failures and hurts may be controlling our future.

Sometimes people feel because they have failed in the past they will

fail again in the present and future. The first step to letting go is acknowledging that it happened and it is over now. It is in the past.

To move on from the past ask yourself “What was the lesson from the past event?”, “What was I meant to learn?”, “What would I do differently in the future?”



There is a well-known saying which is “There is no failure, only feedback.” Or even better, ask yourself “What would I do if I could remember I will never fail?”

In NLP there are techniques called change personal history as well as timeline technology specifically designed to clear the past emotional upsets and hurts. Studies have shown unresolved past events can lead to illness, addictions and low self-esteem later on in life. Just imagine how much lighter and freer you will feel once you have resolved past events and can focus more on the present as well as on creating the future. These unique NLP techniques allow us to make peace with past angers, fears, sadnesses, hurts and guilts. As a result you will feel so much more balanced and in the present moment allowing your life to unfold in exactly the way you desire.

NLP can also be combined with a clinically proven technique Emotional Freedom Technique (EFT) that also clears past hurts and fears effortlessly. Professionals, business leaders, as well as celebrities are using the technique to be and feel more confident. Go to [www.vitalitylivingcollege.info/training-seminars/eft-training-courses/free-eft-introductions](http://www.vitalitylivingcollege.info/training-seminars/eft-training-courses/free-eft-introductions) to claim your free manual on EFT.

## 9 Learn from your past successes and apply them to the future



We all have strategies for success and can easily apply these strategies to what we want to achieve in the present and future. Recall a specific event when you were successful. Make a note of the event and write down everything you did that made you successful.

Write as if you were writing a recipe that someone else was going to follow. If they followed your step-by-step guide they would also be able to do what you have done. Now ask yourself “How can I apply what I managed to do in the past to be successful in the present and the future.”

## 10 Be grateful for what you have

Cultivation of gratitude is now known to increase emotional and physical health. When we feel healthy inside and outside we feel more positive and confident.

Remember all the people, things and situations you are grateful for. All people in your life you love, the home that you live in, being able to surf the web, watching a movie with friends, being able to breathe or learning new ways to feel more confident. Write down all that you are grateful for.



Which brings me to my gratitude list. I am grateful for you, the reader, reading this, for my mother, sister, friends and family.

## **NLP TRAININGS**

NLP is a set of powerful coaching skills and tools that helps people design and live the life they truly want to lead. It can be applied in business, at work, with relationships as well as creating personal satisfaction. Once learned it stays for life and can be applied to:

- ♥ Create more fulfilling relationships
- ♥ Achieve life and business goals
- ♥ Influence for win-win outcomes at work and home
- ♥ Mobilise teams at work to be successful
- ♥ Improve health, wellness and confidence
- ♥ Eliminate fears, phobias and limitations
- ♥ Lead and empower yourself and others

## **NLP Diploma – 3 days**

This is for anyone who wants to boost the quality of their life, health, work and relationships. The course contents includes:

- Set practical well-formed outcomes – the key to getting what you want
- Fine tune your senses – how to be more sensitive to your own needs, and to others
- Build and maintain rapport – the key to successful relationships
- Understand how you and others process information
- Increase your flexibility of behaviour to have more choice
- Create your own personal state of excellence and maintain a resourceful state in others
- Eliminate negative states and move towards more empowering states
- Recognise and use powerful language patterns to empower yourself and others
- Enhance your personal effectiveness in communicating

with and relating to others

- Resolve inner conflicts creating inner balance and harmony
- Influence, lead, empower and motivate yourself and others

## **NLP Practitioner with Breakthrough coaching, Time line technology & Hypnosis – 7 days**

This is for anyone who wants to manifest the life, health or career you want or become qualified to work professionally as a life, corporate or executive coach igniting lasting change in others. Breakthrough coaching is a unique 7 step coaching system that attracts high fee paying clients. It is taken after completion of the Diploma. The course contents includes:

- How to communicate with anyone, anywhere, with more power and impact
- Understanding what influences our thoughts and behavior
- Overcoming challenges due to lack of motivation, weak goals and fear of rejection
- Creating more fulfilling personal and professional relationships
- Uncovering the motivations of others and to use that knowledge to create win-win outcomes
- Letting go of old beliefs and decisions that have limited you in the past and create lasting changes in any area of your life
- Access the resources of both the conscious and unconscious mind to gain the body's support in eliminating addictions
- Identifying the roots of relationship problems and create new options for enhanced communication and love
- Make important decisions by eliminating unconscious conflicts
- Learn how the brain creates meaning and how to 're-frame' the meanings you and others give to the events in your lives
- See how the tools of NLP fit together and are used in real world situations
- How to coach yourself and others in life, with business or in relationships

## ■ About the author



**Rangana Rupavi Choudhuri (PhD)** is the Founder & CEO of Vitality Living College and delivers trainings and seminars around the world. She is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential.

Rangana Rupavi's clear and proven coaching style has encouraged audiences around the world to move out of their comfort zones – inspiring them to meet and exceed their personal and professional goals, over and over again.

For information about our internationally approved training courses, please go to

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)



[www.iapc-home.com](http://www.iapc-home.com)

## ■ About Vitality Living College

We offer training in therapeutic and coaching skills like, emotional freedom techniques (EFT), neuro-linguistic programming (NLP), hypnosis, life coaching and executive coaching.

Our trainings are globally accredited providing professional certification, mentoring and business building set-up skills for well-ness and coaching professionals.

Book onto our courses to learn the skills to use on yourself or to become professionally qualified as a practitioner, coach or trainer.

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)



# How to be confident

## Learn the 10 keys to confidence



In this special booklet, Rangana Rupavi Choudhuri (PhD) of Vitality Living College, shares the 10 keys to confidence. Each skill is very easy to learn and can be used straight away to feel uplifted, energised and confident.

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# Be free