Confidence & Accomplishments

By Albert Dutton

**Intro to Confidence & Accomplishments**

 Have you ever been the type of person to hold your head so low, that you might walk into a pole? Have you ever tried to get something but we're too afraid, to be told no? It's alright if you have. These are all traits of life. When you were born into the world you didn't have a so-called ego. You didn't know what yes and no were. It took experience and from that it took in-depth Focus to decipher whether or not you could or couldn't. For example you try to speak up when somebody tells you to hush. Another example would be trying to sell something door to door and the door constantly gets slammed in your face. It could be something like bills coming around every month just like a boomerang. It gets a person to think what is the point in even doing all of this? When that type of thinking comes into play it's almost as if you need to boost your self-esteem. Let's say you had $10,000 in your pocket would you be thinking the same stuff about your bills? Would you still be afraid to go to the door and be told no? It mainly is a sense of balance. What level are you on? And what can you do when you're on that level? Some people make the excuse saying that they lack resources. You merely lack the strategy to reach your goal. If life isn't treating you better, you need to make your strategy is better. All in all increase your confidence and you shall see more accomplishments.

Have you ever tried to do something, and you were like I can't? When a person is defeated by an obstacle, they may give up, because they have already failed themselves in their mind. As soon as you say I can't you set yourself up for failure. Being able to identify this is the first step in the right direction. Maybe instead of instantly giving up, you can think of solutions on how you can get it done. As soon as you develop the “I can” mindset, you will be on a path to reaching an accomplishment. If you are a person who lacks accomplishments, there is a way that you can get out there and get yours. Maybe you're not even trying to aim for anything. If you are trying and fail, you may need to approach it with more confidence. You may think that you already have the confidence, but there may be another strategy that gets you your accomplishment. An accomplishment almost triple the amount of confidence, that you had your first attempt. Figure out ways that you can boost your confidence. This falls in the category of self-esteem.

Do you feel like if you try you will fail? This is your sub conscience telling you to back off before something bad happens to you. Not so much bad as in evil but lowering your morale. You may think that you are ugly and cannot get a girlfriend. You may think that you lack certain occupation skills and cannot get a job. You may feel like Society has swept you under and has set you up for failure from the start. These are all excuses very deep in the back of your sub conscience in order to keep you surviving in life. Maybe if you get out there and just fail enough times, you can gain the confidence to not even care about the failure. The more you try, the closer you will be to success. It's like if you asked a thousand people to help you, I don't believe that all of those people will tell you no. Perhaps only 10 people out of 1000 will say yes, and when they do, those 10 people will pull the weight of a million men in your honor. Those 10 people are what will build your confidence. With the right strategy those 10 people and your self can achieve accomplishments. Whether you work as a team or alone, confidence and self-esteem get boosted, with each successful task. It can be something as simple as getting all of your grocery shopping done within 30 minutes. It could be a long-term goal such as earning $1,000,000 from your home business. Whatever it is, it can be done, and it just takes practice. Just like any pro football or basketball player, they did not reach their fame overnight. Work on some small accomplishments, until you can work your way up to the big leagues. It only takes enough times as the winner, to become lethal, in a positive world of success.

**Albert Dutton Intro**

I am 29 years old right now and I have the confidence to write this book. This is one of the first books that I have written, if you don't count ebooks, reports, and short blog posts. It took me enough small accomplishments to finally decide to swing for the fences with this book. 10 years ago when I was 19 I didn't even dream about doing this. The technology that was available 10 years ago, I would have never knew would take me to new heights. I remember putting on brand new clothes, it boosted my confidence. I remember graduating from high school, it boosted my confidence. I remember my first paycheck. Here I am today working in multiple businesses that I created for myself. The same opportunities are available to others. It took small accomplishments to gain the confidence to manifest these opportunities. Without these small accomplishments, people that have nothing going on for them right now, would not even have the option to connect with me and grow. It's like a cause and effect chain reaction. But it's all positive, so it doesn't call for any type of hostility. I remember back in junior high school I asked a girl out and she told me no. I had the confidence at that very moment to ask her why. She couldn't provide me with an answer. this tells me that she did not have the confidence to explain herself. Not that she had to. It tells me that I had more confidence than her at that very moment. I continued to ask girls out and kept getting the same answer. All rejection. I remember throughout High School I became a loner and decided not to try to approach any girls for relationships. I stopped trying because of my failures in the past. My failure had not only lowered my self-esteem, but had prevented me from improving my confidence.

Nowadays I do have a girlfriend. I would love to say that we have a perfect relationship, but that would be a lie. Most of the time it is decent and we get along, but there are those moments where we are at each other's throat. When it happens I can feel my personal confidence level decreasing. Instead of going out and continuing to decrease this confidence and possibly acting disorderly and or potentially being arrested by law enforcement, I go out and ask people for donations for my business. Even the smallest 50 cent donation boost my confidence. Not only did I successfully get somebody to support my dream, but I have also forgotten about the hardship that I had just encountered. When you have enough confidence, you have to make sure that nobody breaks it. This could be somebody close to you such as a family member or a friend. It could be a complete stranger who was having a bad day, and sees that you're having a good day, and wants to bring you down to their level. Ultimately you must be able to identify this type of behavior, and avoided it. It doesn't matter what age or race you are, it comes from all walks of life. It might even come from yourself when you're having a bad day. It's up to you to turn that bad day into a good day. If you can successfully do that, then I believe you have just earned yourself an accomplishment. Furthermore, you are avoiding all types of confliction. This confliction can sometimes carry on for days months or even years. Keep in mind that life is short. There should be no reason to be stressed out and screw up what positivity that you have created for yourself, throughout your whole journey in life.

There are people out there who have accomplished negativity. They may feel as if there is no way to find any type of positive confidence. Well I have news for you. Just because you participate in something negative, doesn't mean that you haven't gained confidence. I believe that you have gained not only the confidence, but have successfully accomplished any type of consequence that came with it. When I mention confidence, I'm not talking about the confidence to do it again. I am talking about the confidence to avoid the situation, when it comes up again. Furthermore, being able to save others from that same type of situation. Having that type of confidence may give a person who was about to commit the same type of negative events, the information, that will successfully, keep them away from accomplishing any type of setback, or hard ship. Ultimately, becoming a positive person will give you so much confidence and accomplishments. So much confidence, that you should be giving out free turkeys on Thanksgiving.

**Start To Confidence Improvement**

Having the confidence of a thousand bulls, would get you to higher ground, faster than you think. If you walk around in life with your head tucked into your shoulders, you may miss out on some of the positive features that are available to you. These features could be arranged from using quality tools to meeting quality people. If you hermit yourself up in a room, you will never get to meet these people in life, that could ultimately show you a new path of life. Think about it as a spider web. As soon as you make one path in one direction, it opens up side paths, 100 directions deep. This not only happens on the left side, but the right side as well. Take any one of those hundred paths, and they will break away into the first direction, that you proceeded in, which ultimately will break off into 1000 new directions. These are all ways of life, directions of life, or streams of life if you will. Any one of these directions could lead you to value or to devastation. As long as your paths are positive, you should have no problem avoiding any negative situation. To be able to identify a negative situation and move into a different direction is A+ Plus in your book. If you participate in positivity, you will receive positive results. Positive results like success, such as being able to free up time in your life, or just being happy overall. When you are able to form a positive world where you participate in improvement, you may form a type of magnetic pool. People who surround you will cling onto your positive vibe, and try to get some themselves. If you have enough confidence, you can bring them into your energy and proceed to add value to their life, in order to bring up their self-esteem and confidence. To help them Reach success, and not just for yourself. When you can help others reach the same euphoria that you are at, that is the ultimate accomplishment. That should be enough to give you a million brownie points in the category of confidence. The more people you help the more of this quality euphoria you shall experience. It's almost like releasing the dopamine in your brain. It's a great feeling. It's the same feeling that any alcoholic feels when they have a drink of alcohol. It is the same feeling that any Stoner has when he/she takes a hit of weed. It's the same feeling any heroin addict has when they stick a needle in their arm. The same feeling any soccer mom has when their child wins over the other soccer moms’ child. The same feeling any father has, when he completes a vehicle that he builds from scratch. The same feeling as winning the lottery. The same feeling as grilling a steak on a warm summer day. The same feeling as being financially independent. The same feeling as having your rent paid for 12 months straight. The same feeling as walking up to anybody that you find attractive, asking for the phone number, and successfully being able to log it into your phone. All the way around, it's just a great feeling. When you are able to form words and grant yourself success from them, this is accomplishment. When you are able to turn a negative situation, into a positive, that is an accomplishment. When you get an idea, jot it down on paper, and execute it the next day as another stream of income into your business. That is an accomplishment.

**Keeping Track**

During your basic average typical day, write down the accomplishments that you feel are deserved. This may be something as simple as brushing your teeth in the morning. Something as simple as having breakfast in the morning. Not speeding to work. Closing 5 clients and 5 hours. Making sure your children didn't forget their sack lunch. Taking your car for an oil change. Walking the dog. Wiping down your kitchen counter. Planting some flowers in your garden. Whatever it may be, write it down and boost yourself on the list that you create. As each day goes by, add to your list. Study your list. When you overlook your list and check off your important accomplishments, you may add new tasks that you have accomplished. Even if you simply reflect back on what you did during the day, you might be able to find accomplishments that you overlooked. You could keep a separate list, indicating your goals. Make a list of goals and check them off. Each check represents an accomplishment. Use your goal list to bang out accomplishments, and use your accomplishment list to boost your confidence and self-esteem. You could even show off your lists to close friends and family that you are trying to inspire as well. If you are able to inspire, go ahead and write that down as another accomplishment. On your goals list you could write, to inspire more people. Remember that your success is at your fingertips. The sky is not the limit but the undiscovered universe is. There is a lot to accomplishments and confidence that you could learn, and it starts by understanding what I'm explaining. Even if you have to re- read what you just read to be sure that you understand it, is confidence. It's like you are seeking out the ability to comprehend information. You want to know for a fact. That is confidence.

When presenting yourself as somebody with confidence, you want to appear to have confidence. Not just appear it, but be about it as well. This might be speaking up when addressing a person. Not slurring your words, and selecting proper words that are intelligent is important. This may be dressing in a fashion that stands out more than average. A person in a suit, a person wearing flashy shiny fabric on their apparel. Something that makes them feel comfortable, strong, and in charge.

Confidence not only comes with how you sound and how you look, but also how you feel. You don't want to go up to a public speech on an empty stomach. All you will be thinking about is the crumbs that you see on the guy's beard in the first row. Evidently, wanting to get yourself some toast. You don't want to feel tired. Make sure you get enough rest. Rest is not based on a set number of hours of sleep that you get per night. Rest is based on how the body feels, and how the body carries itself throughout the day. If you are tired and doing landscaping work, you are going to be leaning on your shovel as a pillow. You will not have the ability to comprehend as well. Somebody that is telling you something may have to repeat themselves. Or you may miss out on a step, and make a mistake. When you make mistakes, you acknowledge it. When somebody is telling you that you didn't do something, you acknowledge it. The brain ultimately is receiving consequence. The brain has the next step to react. Will you react in defense or acknowledge it? Either way I believe when you make a mistake, it brings down your confidence. It gets you to second-guess your actions. Sometimes even detouring a person from ever attempting again.

So with confidence, comes with trying to become flawless. The practice of exactitude. Being exact. Being on point. Being able to set up a step-by-step plan, and seeing every step through, without problems. We are all humans and are prone to making mistakes. I guarantee that you will not avoid making mistakes for the rest of your life, but you can reduce the amount of mistakes that you make. You can reduce the amount of mistakes that you make by becoming a solid person. By becoming more than average. By reaching new heights of confidence and seeking out your own goals, accomplishing these goals and fulfilling the void of accomplishments in your life, will bring you the satisfaction you need. When people try to tell you that you made a mistake, it's okay. Don't let these people bring down your morale. Within yourself, don't let the situation bring down your confidence. Try to be confident enough to care but not care. How you deal with both positive and negative situations, will determine your confidence level. You want to be strong and knowledgeable, not undetermined and full of fear. Remember that you will have bad days. I guarantee that you will have a bad day at some point this year. See it within yourself, and find the confidence to deal with these bad days. Turn a good day into a great day and a bad day into a great day. Turn other people's bad days into great days and so on.

**Letting Go**

If you are serious about improving your confidence, then you will listen to this portion of the book. Take notes physically and mentally because this portion is the ultimate dynamite for your success. In order for you to be able to reach new heights, you cannot take negative situations with you. It's like if you want positive results, you need to go in to whatever you're dealing with, with a positive attitude. Anything negative that is attached to you, will most certainly bring you down. Get rid of the negativity, before it becomes detrimental to you. Figure out how you could replace any type of negativity with positivity and move forward.
If you thrive to gain success through accomplishments and boost your confidence, you must let go of the past. Not necessarily the positive that you have experienced but the negative. You can't continue on throughout life saying, that if only you could have done this, you would have been here. Or if so-and-so didn't do this, then you would be in a better position. What you're doing is making up excuses, as to why you don't want to continue. Excuses can no longer be excused. If you find yourself making excuses, you are not being very confident. You must find a way to bless those negative situations. For example, a bully at school. Instead of wishing for the bully to be beat up, pray for the bully to embrace happiness. Hope to have something good happen to them, in order to change whatever it is, inside them that has them acting as a bully. Wish no harm upon them. Only greatness. Let go of the hatred that has made you bitter. If you don't believe that you are a bitter person, then identify a negative setback. Maybe you are a little bit overweight. Maybe you are not great financially with money. There are ways to cut out the negative “cakes” and negative “additional spending” that may be putting you in this position. You must let go of the cake and you must let go of spending on unnecessary stuff, in order to successfully reach these goals. If you can get it done then more to you. If you do get it done, your confidence will be boosted. If you don't, you may just remain the same. Let go of roadblocks that may be holding you back from reaching your dreams. These roadblocks Maybe something such as partying on Friday with your friends, or being sidetracked by television, when you should be watching education videos. Let go of negativity, let go of setbacks, let go of roadblocks, and pick yourself up some positivity. Let go of the negative life and embrace the positive. Let go of that rant that you always spill to all of your friends, about a certain topic. Nobody cares, if people are taking advantage of the welfare system. It's going to happen regardless. Let go of riding the same bandwagon as other people. No you don't need a new car, no you do not need that new drone, and no you do not need a fidget spinner. What you need is value. With value comes higher confidence and accomplishments. If you want to enter into a world of confidence and accomplishments, you must not bring any type of negativity with you.

**Use Cool Stuff**

Part of boosting your confidence is working with some badass tools. It doesn't matter what industry you are in, if you are working with quality tools then you should be able to feel more powerful than a human. Not only do you have your own personal strengths, but you also have the assistance of something solid. This could be something made out of metal. This could be something made out of plastic. This could be something made out of wood. No matter what it is made out of, it gives you the extra advantage to succeed. Think about when you first learned how to swim. The floaties that you use around your arms or your waist, were of assistance to you. You might have thought that these magical devices were another greatness beyond itself. The real truth is it was not magic. It was a tool, for kids to learn how to swim. It could even be a tool made for adults, to learn how to swim. No matter who the tools made for, it serves its purpose as a tool. Depending on what business you are in, or what goals you are trying to reach, you will work with a variety of tools. Each tool will vary based on the task. If you are in the restaurant industry, you will rely on condiments, seasonings, recipes, cleaning solutions, and much more. If I were to emphasize more, I would introduce customers and marketing. In order to get more customers and market with greater advertisement, a person must utilize marketing tools. One of the most common marketing tools that there is available to a person, is the Internet. With the power of the Internet, and the Internet being a powerful tool, an individual could reach their goals, a lot faster than they could using traditional methods. All in all, utilizing the right tools will advance you in the right direction.

With my experience in building a business, I have worked with various tools. I thrive to work with the best quality of tools, and compare lower quality to higher quality tools. I tend to compare quality based on price, comfort, and the end results of what the tool is being used for. When building my landscaping business, I have compared a shovel to a hula hoe. Sometimes a shovel works better over the hula hoe, sometimes a hula hoe works better over the shovel. Either way they both work better than using bare hands. As a hard worker myself, once a shovel or hula hoe is placed in my hands, my work ethic increases by at least three times the amount if not more. I integrate technique with using these tools. Sometimes stretching as far as I can and going into a backwards motion, in a circular direction, and covering as much ground as possible. This type of work ethic compared to someone who was just trying to work for a day is extreme. This type of work ethic shows that a person is confident and does not waste time, when working towards a positive goal. Furthermore when tools are utilized, it opens up a pathway for advancing upon, even greater quality tools. When you use the best tools, and can breeze through hard style labor, it provides a sense of confidence. It allows you to move into the direction, of accomplishments. When you know that your tools can work for you over and over again, you have the confidence that your accomplishments will stack up. With each accomplishment, comes reward. Sometimes this reward is in the form of money. This money you can reinvest into even better quality tools, and repeat the cycle. I would assume that a person driving a brand new Dodge Ram with Wi-Fi would be more motivated than a person in a broken down 1990 Ford Ranger. Even though it's good to work with what you have, I believe the smile on a person's face in the Dodge Ram would stretch from ear-to-ear, whereas the person in the Ford Ranger would have a slight smirk. If you want to get more confidence, as well as accomplishments, I suggest you improve your apparatus of tools. The more quality tools you have, the cooler you are.

**Find Someone Else Who Is Happy**

In your quest to find confidence and accomplishments, you will find that there are so many different angles to approach. One angle that I would like to emphasize on, is happiness. We all know that you can't make much success out of a negative situation. Basically you can't go into something hoping for success, with the bad attitude. This includes, the people around you. The people that you include in your circle. For those who wish to improve their confidence and accomplishment levels, add people who involve happiness within their lives. Don't find people who are full of confliction. These people can be on a level of employment. These people could be on a level of friendship. These people could be your companion. Whoever it is, be sure that they are enlightened within their life, with happiness. The last thing you need is a negative person around you, rubbing off their negativity onto your happy day. If you are not having a happy day, you are taking steps backwards away from success.
Find someone who is happy. Involve yourself with in their lives. Someone who enjoys their job. Someone who enjoys cooking. Someone who enjoys cleaning up. Someone who doesn't complain. Find someone who can bring you to a higher level of happiness. Maybe someone who has your house cleaned up, when you come home after a hard day of work. Someone who might wash your clothes when they pile up in the dirty laundry. Someone who can rub your feet after you take your boots off, after standing on your feet for 10 hours, swinging a shovel. Someone who is happy themselves, and they can make you happy. When they see you sad, they can make you happy. When they see you mad, they can make you happy. Find someone who is full of adventure, and mystery. Somebody who embraces kindness, and gives back to society. If not to society, than to you.

Do you want to have a great time while you are out and about doing activities? Include positive people who have smiles on their face, when doing these activities. One sour apple, could ruin a great night out. When you get together with your buddies for a poker night or when the ladies get together for a game of backgammon, one person having a bad day, can bring down everybody's great day. If you can identify somebody have in the bad day, be that happy person, who brings up their self-esteem. Get them to see the bigger picture of life, that way you all can have a great time. If you are an employer, or employee, you want to work with those who enjoy themselves while at work. If they don't enjoy being in the work environment, most likely they are going to convince those around them not to enjoy it as well. Again, if you can identify sore thumbs, turn their emotional clock into the positive direction. Approach them with kindness, as you are a happy person yourself. Try to let a little bit of your kindness, rub off on to them. Ultimately, find someone who is happy. If not to better the happiness in your surrounding environment, then to improve your personal happiness. Seek happiness within yourself and you shall be able to demonstrate happiness to those who watch. There is someone who is happy out there for all of us. Find them, and utilize their happiness to boost your confidence, and furthermore your accomplishments.

**Go Somewhere New**

If you want to stretch your journey into confidence and accomplishments, try to discover new demographics. Take yourself across the map if you have to. If you are a person who has not traveled much, get out there and explore the world. Start within your neighborhood, move onto your city, explore your state, and you're on your way across the nation. Someday you will be ready to travel the world. Document your travels with video, audio, and blogs. Get people to follow you on your journey and donate towards your cause. Exploring new areas of the world will not only expand your mind, but will lead you into one accomplishment after another. Sooner or later one of these accomplishments will be the ultimate win. Until then, seek out your land, and your land shall seek you.

I personally like to do selfie motivation videos and include art throughout the city. This art could be in the form of a mural, to the structure of the building. I find that the downtown area and churches provide a variety to select from, when it comes to these forms of art. I have also embrace sculptures, and set ups such as TVs in the background and lighting. I've gone into Corporations such as Best Buy and utilized their display, within my own personal videos. I would say this is a new discovery of ground.
If you find yourself going to the same old restaurant, switch it up and go somewhere new. If you find yourself going the same route, whether you drive or walk, switch it up a little bit. You may discover something new along the pathway. Explore natural places, such as forests and lakes. Go up in the mountains and get some fresh air. Break the cycle of the everyday work grind, and explore the world, as if you had the mindset of a kid. The mindset of the kid, with the ability to explore as an adult. Nobody to tell you that you cannot go there. Those places you were told that you could not go, because you were too young. Go to those places, and discovered new ground.
Anytime you discover a new area, it is “going somewhere new”. It might not always be demographically. It could be within your actions. A new step by step formula. A new niche, to become an expert at. A new, client. Discovery is amazing. With discovery comes improvement of confidence, and leads you to accomplishments. See how many new areas you can discover, within the next week. Write them down if you have to. Take video if you have to. Either way, you want to improve your confidence and you shall do so by discovering new demographics. If not new demographics, then new step by step techniques, that will lead you to success.

It is very easy to become content. When life passes by, we get used to doing what we know how to do best. We get involved in a cycle that evidently, keeps our mouths fed and a roof over our heads. We might get into a routine, where we listen to the same songs. Where we start our day out the same way, with the same breakfast. Where we start our morning with an exercise, before we head out to work. This is us becoming comfortable, with past results that we know work. We never want to step outside of our comfort zone. We love the comfortable skin that we walk in. If you are in motion to improving your confidence and accomplishments, then you are going to want to break the cycle and try something new.
Trying something new could range from a variety of opportunities. This could be working a new job. This could be driving any vehicle. This could be picking up a new hobby. Whatever it may be, it will be something that you normally do not participate in. If you are slightly overweight, most likely you are never at the track running laps. Get out there and take a couple laps around the track, and see where that takes you. Do this in routine a few times a week, and you just might be able to lose weight. In my book, that would be an accomplishment. That would definitely boost my confidence. If you always order that same number 6 off of the menu at your favorite restaurant, switch it up and order it number 9. If you always do things your way. Try doing things somebody else's way. You just may be able to integrate their way into your way, setting improvements with your strategy. When you are trying new things, you learn new things. Learning new things will definitely improve your confidence. It will possibly lead you to greater success. Also when you learn many things, you are able to teach many new things.
Trying new things may seem scary at first, but once you get the ball rolling it's simply a steady slope downwards. When you successfully complete doing new things, it will open up the doorway to doing other new things. Sooner or later you may have a few new skills under your belt. You can apply these skills in modern day life, and earn yourself some income. If earning income is what you want to do, then do that to improve your confidence. Make getting more income part of your list of accomplishments. Write down a list of a few new things that you would like to accomplish in the next month. Write down ways that will help you get to your goals faster. Put forth all of your effort, in order to successfully reach these goals. Check off your accomplishments, and when you are ready to add new ones, add new ones to complete. If you do these tasks, you will improve your confidence with the accomplishments that you complete. Try as many new things as possible as you can.

**Try Something You Don’t Like Doing**

If you really want to score some points in the confidence and accomplishments field, take initiative. Do something that you don't like doing. Try to find the joy in doing something that you don't like doing. Do something that others don't like doing. It could be something as simple as cleaning the bathroom, or washing the dishes. When you do something that you don't like doing, you cut out the task of complaining. You cut out the task of making up an excuse to avoid even doing the work. When you take initiative, you just do it. When you take initiative, you improve your chances of success. When you take initiative, your confidence level skyrockets. When you know for a fact, that you are not going to complain about something, then you are in charge. You know that you don't have that type of essence build up within your body. When people complain, they are looked upon by others as “weak”. When people take charge, they are looked upon as “boss like”. When you know you are boss like, you know your confidence is beyond belief. You can walk up to the President's wife and pull her phone number. You can pull a phone number from a hot girl or a guy, in front of their significant other. You can successfully gain the phone number in front of the parents. You can walk into that position wearing shorts, and still guarantee yourself the job. You know that you can show up late, because nobody is going to fire you. You might not even be late, because you have so much confidence that you will be there exactly at 10 a.m. If you are a person who is always late, maybe you can try something new by being on time. Or if you are a person who can never get a phone number, or go out on a date, change the results. Get a yes out of a person, and actually go out on the date. Participate in something that you are not used to dealing with, that may be considered uncomfortable. Participate in something that can guarantee improvement, within your confidence and accomplishment journey to success. Get out there today and try something new. Even if you fail something, work on it until you succeed.

**Treat Yourself Too An Expensive Restaurant**

If you are a person who lacks confidence, here's another thing that you could do to improve your confidence level. Ultimately when your confidence level is improved, your success level will approve. You will reach many new accomplishments, and many new accomplishments to come.

If you are a person who is trying to boost their confidence level, get out there and treat yourself good. Treat yourself great. Treat yourself to a five star restaurant and order the most expensive item off the menu. Eat everything on your plate and do it with pride. If you can't afford something expensive like a $70 meal at Red Lobster, tone it down a little bit. Treat yourself to a combo meal from Jack In The Box or McDonald's. When you are eating your meal, reflect back on what got you to that point. You would not be eating that five-star meal if it wasn't for this. Or if it wasn't for that. When you are reflecting back, know that you will treat yourself good again. When you go to one five star restaurant try to see if you can one-up it, and go to an even better five star restaurant next time. I know it doesn't exist, but that might be considered a 6 Star Restaurant. 20 thumbs up. Even if it's not food, buy yourself something nice. Something that you can symbolize as a trophy. Something that you can look at as a constant reminder, that you are successful. As a reminder that success came from improving your confidence and ultimately, receiving accomplishments. It might not come overnight, but you could definitely see a change within a month. Do something for yourself, every time you see success. Treating other people like five stars is great. Don't forget those who deserve treatment that way. That person is you, and you deserve to be treated with a 5-star reward. Get out there and get yourself some five star acknowledgement, and boost your confidence level to reach more accomplishments.

**Treat Yourself Too A Home Made Five Star Meal**

 What is better than taking yourself out on a reward at a five-star restaurant? Cooking your own five star meal. If you feel like you have accomplished so many goals, and that your confidence level is where it needs to be, go and chop it up in the kitchen a little bit. Get yourself a nice set of knives, some pots and pans, and an area to cook. Do some oven baking, or some grilling if you prefer. Take time to learn recipes professionally. You don't want to miss out on quality ingredients, and throw off your taste slightly. Get down and dirty in the kitchen. Make yourself something that you enjoy eating. Eat a steak. Don't just get the top sirloin steaks, get yourself a nice expensive ribeye steak. Don't go cheap either. Instead of getting a half pound ribeye, get yourself a whole pound ribeye. Seasoned it up with McCormick steak seasoning and pop it into the oven on low. Keep it in there for 30 minutes or until cooked thoroughly. Whip yourself up a side of mashed potatoes and gravy. Pour yourself a large glass of apple juice, or soda, or expensive alcohol. Embrace the flavor, for you have created it. When you are finished preparing your five-star meal. Eat it with pride. Document yourself if you would like. Document yourself with the video that you can watch back over and over again, to remind yourself of that day. Even if you're not trying to create a five-star meal, create yourself a five-star object. Build yourself something of quality, and place it in your backyard or within your house. Look at this every time you leave the house or come back to the house. Use your creation, as a constant reminder of your success. Knowing that you built it, will give you the confidence behind it. Seeing the finished result is the accomplishment. The everyday sense of Pride that you will have is also success. You have what it takes to become as confident as you want. When you do, treat yourself like a five-star King. Or a five-star Queen. Make your own five-star meal, create your own five star smell, and feel a five-star feeling in your belly. You definitely deserve it.

**Outro**

This book is intended to keep you confident even if you are confident. If you're not confident, hopefully you have gained some confidence. If you say that you had never accomplish anything in life, that is a lie. Think about the small accomplishments that you have done, and boost them into larger ones. Use the information provided in this book to get you to the next level. Connect yourself with the author of this book outside of this book. Have the confidence to locate the author, and ask questions that you may be confused on. Are you trying to start a business? The author of the book is an entrepreneur, and wants people to call him with business-related questions. I am the author of this book. I myself lack the confidence in some areas of life. An example would be wanting to sell a home for somebody, but who?, where?, and how? I also want to be able to create millionaires from nothing. Again the same questions apply. What I have to do is get out there and try new things. I have to talk to new people. I have to set new rules, with new business practices. I just have to get out there and get it. The same for anybody else. Whether it's business, personal relationship, short-term goal, long-term goal, whatever it may be, find the confidence. Find the confidence, because the confidence is there. Once you can find the confidence, reach for your goals, and set up accomplishments for yourself. Remember, that your accomplishments, will improve your confidence. Once you have your confidence and accomplishments lined up, you have reached success.