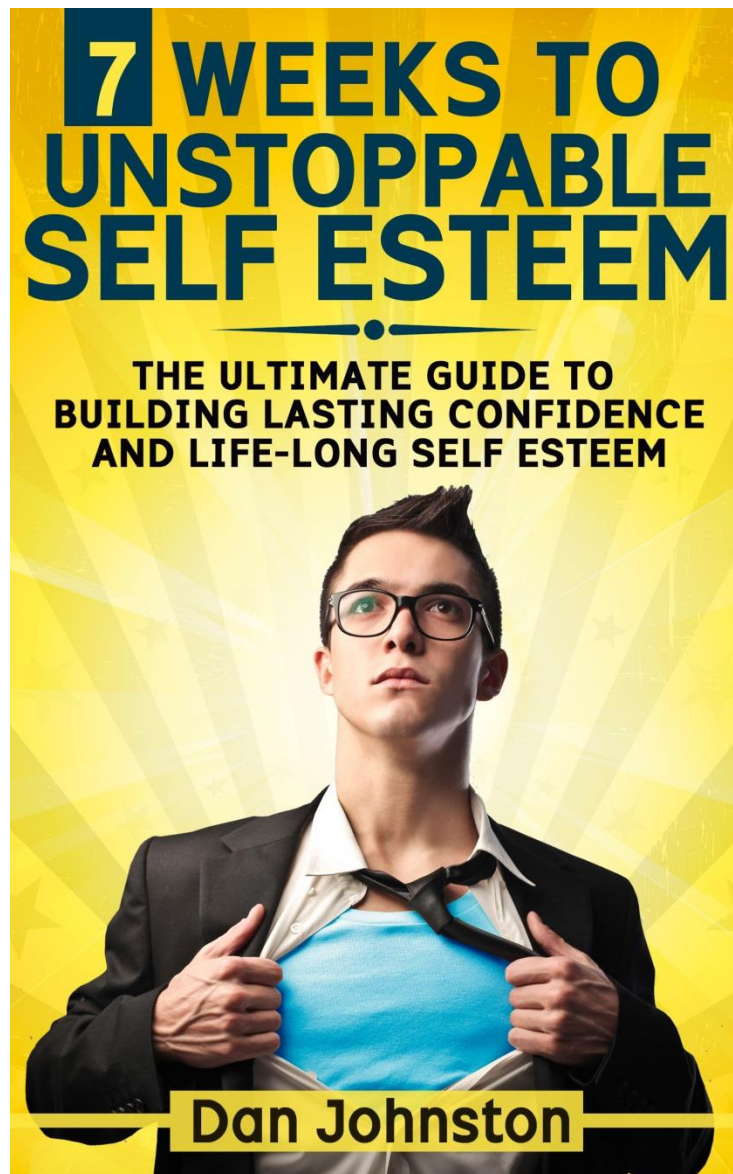


*Unstoppable Self Esteem Bonus Pack For:*



*Congratulations on taking the plunge and joining me for 7 weeks of discovery, personal growth and transformation.*

Guide to Accompany: [7 Weeks To Unstoppable Self Esteem](#)  
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## Week One - Competence Creates Confidence

*"Whenever you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it."*

– Theodore Roosevelt

### Summary

For short term confidence boosts the "act as if" strategy can be effective. If we want to develop our self-esteem we must focus on developing competence in the areas important to our success.

### IN ACTION - THIS WEEK'S PLAN

1) Reflect back to your work from earlier in the book. Select one area where you have low self-confidence OR select an area where you have goals, where you would like to excel (such as career ambitions).

The Area I Want To Develop My Competence:

2) For each of these areas determine one way you can develop greater competence. Try and focus on developing your knowledge, not short term solutions. My suggestion would be to select one book and read it within the next 7 days.

For example, if your health is an area you have low self-confidence around, you could buy an in-depth book on health such as YOU: The Owners Manual. This will develop a greater overall understanding of your body. DO NOT buy a short term "fix it" solution like "Lose 10 lbs in 10 days!".

If the area you've chosen is more of an ambition, such as advancing in your career, then consider a "bigger picture" book such as (JACK WELSH) or (THE SALES BIBLE). Avoid band-aid books like "10 tips to advance your career".

I will develop my competence in \_\_\_\_\_ by taking the following step:

## Week Two - Progress: The Secret Ingredient For Growth, Confidence, and Happiness

*"Nothing builds self-esteem and self-confidence like accomplishment."*

– Thomas Carlyle

### Summary

Having and working towards small, manageable goals is one of the best ways to build your confidence while improving your life. Remember to set goals you can achieve within 4-12 weeks and always take some kind of action on a new goal within 24 hours of it coming to mind.

### IN ACTION - THIS WEEK'S PLAN

Set one goal in one of the following areas: Health, Finance, Career or Fun.

My Goal Is:

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The One Action I Will Take Within 24 Hours Is:

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## Week Three.- How To Create An Environment Which Feeds Your Success

*“A house is not a home unless it contains food and fire for the mind as well as the body.”*

– Benjamin Franklin

### A Case Study: Jill

#### How do you think her writing time went?

Imagine Jill hired you to help her write her book. To her surprise you don't want to talk about her writing, instead you want to talk about her life environment. What are the first 7 changes you would suggest she make?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

### Summary

Our “world”, or the reality we experience, is created from a constant dance between our inside and outside environments. When we're well rested it's often possible to “willpower” our way to feeling good during difficult circumstances, but eventually we'll run out of gas.

The best way to maintain a happy world is to create an empowering environment that will support you in feeling great and achieving your goals.

### IN ACTION - THIS WEEK'S PLAN

This week take 15 minutes and write out your own case study. Start with the goal you want to make progress on and then write out a description of your day.



## Week Four. Take Action! Change Your Self Image

*“Confidence thrives on honesty, on honor, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live.”*

– Franklin D. Roosevelt

### Summary

When we do good things we feel good and we’re perceived as an admirable person by others and by ourselves. This perception is picked up by our unconscious mind and will positively shift our self-image. All this leads to one big boost of positive emotions and self-confidence.

### Action Step

For the next week, every time you think to yourself “Someone should \_\_\_\_\_” it’s up to you to *be that someone*.

#### Times I Became That “Someone”:

- 1) \_\_\_\_\_  
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- 2) \_\_\_\_\_  
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- 3) \_\_\_\_\_  
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- 4) \_\_\_\_\_  
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## Week Five. The Power Of Comparison Points

*“Don’t compare yourself to others. Compare yourself to the person you were yesterday.”*

–Unknown

### Summary

Our confidence is often derived from comparisons we make between the present version of ourselves and other people, or other versions of ourselves. To create the most consistent levels of confidence and build lifelong self esteem we must change how and to what we make comparisons. The most powerful way to make comparisons is to compare ourselves to our past self, admire the progress we’ve made, and feel an authentic confidence and pride about our progress.

### IN ACTION - THIS WEEK'S PLAN

This week is easy. For the next week, pretend to be “hyper aware” of your own thoughts. Whenever you notice yourself making a comparison, ask “what am I comparing?”.

If the comparison is about you, immediately switch it around. Your internal dialogue might sound something like this:

“Wait, who cares about how Bob is doing. Let’s think back to last year. What progress have I made from where I was?”

Times This Week I Took Control and Changed My Comparison Points:

- 1) \_\_\_\_\_  
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- 2) \_\_\_\_\_  
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- 3) \_\_\_\_\_  
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- 4) \_\_\_\_\_  
\_\_\_\_\_  
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5)

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## Week Six. The Under-Estimated Mind-Body Connection

*“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”*

– Buddha

### Summary

Exercise and healthy eating will directly improve your confidence. As an added bonus, healthy living will improve your focus and productivity, which will also increase your confidence.

### IN ACTION - THIS WEEK'S PLAN

For the next week, incorporate exercise into your day, ideally your mornings. Incorporate the most intense form of exercise you are able to do...even if that is just a brisk walk.

Try mixing your favorite “pump up” or feel good music in for an added confidence boost.

### Exercise Journal For The Week

<u>When</u>	<u>Exercise Performed</u>	<u>How I Felt</u>

Here is your complete gratitude solution, absolutely free (just don't tell Pfizer).

#### STEP 1.

Before 9 am each morning ask yourself the following questions:

- 1) What is great in my life?
- 2) What am I grateful for?
- 3) What can I feel happy about?

If nothing comes to mind, ask:

“If I was one of those really annoying positive folks, what would I be grateful for today?”

#### STEP 2

Before falling asleep write down everything from your day you are grateful for, happy about or proud of. This is a time to list your accomplishments from the day.

#### SUMMARY

Taking time to think about positive parts of your life and feel grateful for them will have a significant impact on your confidence and sense of well-being. The easiest way to do this is journaling things you are grateful for.

#### **IN ACTION - THIS WEEK'S PLAN**

Before going anywhere decide when in your day you'd like to start practicing gratitude. Then take a moment right now to go through the 3 questions from the exercise above.

***See and use the daily gratitude worksheet on the next page.***

## My Daily Gratitude Checklist

Today's Date:

*Today, before 9am, I asked myself the following questions:*

- 1) What is great in my life?
- 2) What am I grateful for?
- 3) What can I feel happy about?

Now, before bed, I want to make a record of everything I am grateful for from my day. This is my chance to list all my accomplishments from today.

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## About The Author

**Dan Johnston** is a #1 international best-selling author, public speaker and recognized expert in the field of confidence and personal transformation.

Dan has been a student of psychology, personal change and social interaction for over a decade. His passion for helping others feel and be their best has been the fuel of his study and understanding of how people work. Today he earns his living through writing, speaking and coaching.

Dan's educational background includes a degree in Psychology from a world renowned University, training with Anthony Robbins' at his Leadership Academy, and NLP Practitioner Training with Harry Nichols, the only trainer Richard Bandler, the original creator of NLP, has ever personally recruited and trained.

In his personal life, Dan loves to travel, study new cultures and stay fit. He has been a Big with Big Brothers® for over 4 years. Dan and his Little enjoy activities ranging from go-karting and paintball to hiking and boating.

You can contact Dan at [me@thedanjohnston.com](mailto:me@thedanjohnston.com)

## Other Books By Dan Johnston

### Self-Confidence Secrets: How To Overcome Anxiety, Fear and Low Self Esteem With NLP

A #1 Amazon Bestseller. In this life-changing book you will learn the keys to overcoming anxiety, fear, low self-esteem and other obstacles to achieving the self-confidence, success and happiness you're looking for. Based on the latest breakthroughs in neuroscience and human needs, you will learn proven strategies that can rapidly increase your levels of self-confidence, happiness and success in every area of life.

[Buy The Book On Amazon.com](#)

[Buy The Book On Amazon.co.uk](#)

#### Reviews of Self-Confidence Secrets

"This is the best book on self-confidence and anxiety I have ever read. I didn't know what to expect when I first came across this book but decided to take a chance and give it a read.

I was very pleasantly surprised to discover this hidden gem packed with a lot of original ideas and techniques I haven't seen in any other book before."

-Mary ([Amazon.com Review](#))

"The book, "Self-Confidence Secrets" was recommended to me by a friend, who said it had helped both her and her daughter to cope with rough spots in their lives. I purchased a copy and was impressed by the straightforward and logical way that you explained why people do and feel the things they do and the simple steps you suggested to improve daily life.

Since reading this book I feel that I have gained in confidence and am attempting tasks that I would never have considered before."

-Jo Gilbert ([Amazon.com Review](#))

"This is a really well written book with a great balance of background theory as well as practical advice and exercises on how to improve confidence and self esteem.

What I liked was that the author took the time to explain some of the core reasons that people act the

way they do, and why we have certain needs.

Understanding these fundamental needs really helps when it comes to figuring out not only what we want to change in our thought processes, but why those processes are there in the first place.

It was very easy to follow and he provided simple exercises, many of which you can do anywhere, which will all help re-train your thinking in subtle ways; such as creating global beliefs that allow you to build your confidence and easily tackle bigger challenges.

The free workbook also helped to keep track of progress and give an extra incentive to move forward. It's all too easy to put a book down part way through and forget about it, but the workbook helps break down everything into comfortable chunks that aren't overwhelming, as well as giving you a clear 'finish line' to aim for.

Very enjoyable, helpful and written by someone who is clearly knowledgeable.”

-Rich ([Amazon.co.uk Review](#))

**“Brilliant. Life saving!!** What a brilliant book. Never read a self help type book before but needed to work on my self esteem. Suffered with anxiety in particular for ten plus years. Since reading the book I have suffered none!!! This book had all the answers I was looking for. Absolutely brilliant and the workbook you can download was great help too. I've re read this book quite a few times since reading it the first time. Always makes me feel so much better again. Highly recommended.”

-Marie Fairy ([Amazon.co.uk Review](#))

**Buy Self-Confidence Secrets Today!**

[Buy on Amazon.com](#)

[Buy on Amazon.co.uk](#)

# **The Self Confidence Handbook: 15 Easy Ways to Boost Your Confidence, Self-Esteem and Overall Happiness**

You could be just a few hours away from new levels of confidence and high self-esteem!

In this book you will learn:

## **How To Master The Four Key Influencers of Self-Confidence**

In Dan Johnston's latest book, you will learn the four keys to mastering self-confidence by controlling the four key influencers that determine how you feel about yourself and how you act. Once you've mastered these four simple keys, you'll be a more confident and successful person.

## **How To Use Goal-Setting To Raise Your Confidence Levels Dramatically**

With this simple goal-setting and goal-achieving system, you can increase your confidence drastically by becoming a more productive person and living at your highest levels of self-expression and personal success.

## **How To Embrace Your Faults and Use Them As Fuel For Your Success**

You'll learn how to embrace your faults and weaknesses and use them to catapult you to a whole new level of success. Instead of complaining, moaning and whining about your faults and shortcomings, you'll finally understand how to use them to not only boost your confidence and self-esteem, but your levels of achievement and success as well.

## **Program Yourself Subconsciously To Become More Confident and Successful**

You'll also learn how to program your subconscious mind to create more confidence, success and happiness in your life through a simple process of modeling other successful people. Whether you want to be rich, travel the world, have a great marriage, or just feel more empowered, you'll be able to easily improve the speed at which you achieve your goals and dreams through this simple and easy-to-implement process.

[Buy The Book On Amazon.com](#)

[Buy The Book On Amazon.co.uk](#)

## **Reviews of The Self Confidence Handbook**

"One of the best books about rebuilding your self esteem I have read. After a bad relationship went south, I ordered this book. It helped me feel better about myself."

-Leslie Miller ([Amazon.com Review](#))

“Very clearly and concisely written, which makes it easier to grasp each of the 15 easy ways. The humour made it an enjoyable read, as well as being educational. Ideal for dipping in and out of when you need an extra confidence boost.”

-Jo Gilbert ([Amazon.co.uk Review](#))

“Great read. Made so much sense lots of light bulb moments for me. Looking forward to putting this into practice and rereading lots. Feeling more positive already. Watch out world!!”

-Marie Fairy ([Amazon.com Review](#))

“I really enjoyed this book. It is a light and enjoyable read, yet includes some powerful concepts and insightful theories.

I was delighted because each chapter includes a summary and most have specific action steps too. This made it really easy to remember and then apply the information.

Some of the 15 tips are simple and fun, others go deeper. I believe all 15 can have a positive impact on your self-confidence and general feeling of happiness. My personal favourite was "Brad Pitt Probably Gets Dandruff Too".

Pick this up and give it a read. You'll be happy you did.”

-Michael ([Amazon.co.uk Review](#))