

## SELF-CONFIDENCE FORMULA – Napoleon Hill

**First:** I know that I have the ability to achieve the object of my **DEFINITE PURPOSE**, therefore I **DEMAND** of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

**Second:** I realize that 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 30 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.

**Third:** I know that through the principle of Autosuggestion, 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**.

**Fourth:** 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.

**Fifth:** I fully realize that no wealth or position can long endure unless built upon truth and justice; therefore I will engage in no transaction that does not benefit all whom it affects. I will succeed by attracting to myself the forces I wish to use and the co-operation of other people. I will induce others to serve me because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness and cynicism by developing love for all humanity – because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me because I will believe in them and in myself.

**Sixth:** 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 **THOUGHTS and ACTIONS** so that I will become a self-reliant and successful person.

Signed.....

Before you sign your name to this formula make sure that you intend to carry out its instructions. Back of this formula lies a law that no man can explain. The psychologists refer to this as the “Law of Autosuggestion” and let it go at that.

You should bear in mind one point about which there is no uncertainty, and that is the fact that whatever this law is it actually works!

If you fill your mind with radiant Self-confidence, the principle of Autosuggestion takes this belief and sets it up as your dominating thought and helps you master the obstacles that fall in your way until you reach the mountain-top of success.

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