

THE STREET PH.D

16 LAWS FOR GANGSTER CONFIDENCE

F*CK SELF DOUBT, DO IT SCARED

MICHELLE CARVALHO

BOOK 2 OF 4

THE STREET PH.D: 16 LAWS FOR GANGSTER CONFIDENCE

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MICHELLE CARVALHO



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Thank you for your acquiring Book 2 of 4, “16 Laws for Gangster Confidence,” from The Street PH.D book series. Anyone can have book smarts, but the development of insight into the intuitive *know how* and *mandatory hustle* that is demanded in the pursuit of purpose and happiness can only be derived in the trenches. The Street PH.D combines the hard knock experience and wisdom handed down by the triumphant lives of those before us and among us, and delivers it in publications that can be used for the improvement and advancement of your life. I hope you find the inspiration, motivation, and intuitive tools you are searching for to create the life you want inside these pages.

This book is dedicated to life.

Thank you for rocking my world, because of the tragedies I have mastered my intuition. I trust my gut. I see the storm approach, except now I have what it takes to ride it out. I am grateful for the darkness, from where I find stars of transformation & love to share with others.

To my 3, because of you I know love.

I acknowledge the single mothers, physically abused women, mistreated, misunderstood, underestimated, motherless, and under appreciated go-getters & dreamers of our world. I do this for you. I salute you. God loves you.

IN THIS BOOK YOU WILL LEARN

- *Why your confidence feels low.*
- *How to do what you want while you're scared.*
- *The universal process that unfolds when you "act."*
- *How to restructure your thoughts to unleash Gangster Confidence.*
- *How to face fear during moments of self-doubt.*
- *How to reprogram your mind for success.*
- *How to let go of people who are not ready.*
- *How to think your way through self-doubt.*
- *How to stop hurt feelings from ruining your confidence.*
- *How to kill the old you and access a newer version.*
- *How to get the respect and appreciation you want.*
- *How to spot Bitchassness a mile away.*
- *How to use your energy to attract what you want.*
- *How to stop holding back and living in your head.*
- *How to understand when the universe speaks.*
- *How to connect the three parts of personal power for lasting success.*

INTRODUCTION

A common belief in our society is that self-esteem and self-confidence are two separate characteristics. Self-esteem is comprised of one's overall feelings about oneself and the level of love one extends toward self. Self-confidence is defined as an internal measurement of one's ability or inability as one perceives or believes they can do certain things.

I was born into the fading heroin era of the 1970s and grew up in the throes of the crack-cocaine catastrophe of the 1980s. It was a time when Hip-Hop was taking form and claiming its talent for poetic justice over hard beats. Rhymes were used as an outlet to warn the world of the dying generation before it, and the negative effects it was having on us all. Even while the desecration of community happened all around me, I still felt proud to be me. Or at least it appeared that way.

I didn't see myself as unfortunate as the drug addicts. They took over the local parks with their hypodermic needles still hanging from exposed thighs. Their works were loosely guarded, dangerously strewn about the playgrounds of their disillusioned junkie makeshift hotels. I felt bad for the addicted. Either because of my compassionate sentiment toward them or I was immune to their behaviors since it was an ordinary way of life for many adults in my neighborhood. My self-esteem was high because it wasn't me strung out on a subway station bench. For as long as I could

remember everyone thought I was so adorable. I was attached to and distracted by my exterior. Like many of us, I was neglectful of the distorted self-image developing inside of me. I had no way to calculate my self-esteem or self-confidence. I was not fit to calculate whether the lack of either of them would eventually impact my choices and my life.

Looking back, I have good reason to believe my confidence *is* tied to my esteem. They work in unison. One can't be affected without the other taking a hit, even when we're not aware of it. There's no way I could have genuinely loved myself *but* not been willing to take a chance on applying myself to the things I really wanted to do. Love doesn't allow unreasonable suffering, nor does it create excuses and exceptions for it. It strives to connect, do, rise above, and explore regardless of where it's trapped.

This book is not a theory or a summary of scientific propositions. Although my respect and admiration of science and psychology will become evident, it's here for reference and comparisons to the real emotional mess we get ourselves into as humans. It's the cold, hard-core truth providing lessons that only life experience can uncover. My life and the life of those I've steadily observed lay claim to the insight I share with you throughout these pages.

No matter who you are or where you sit, there are opportunities for you to find yourself, and push back the walls blocking your growth and compromising the confidence you need to thrive and enjoy life. There's no way I could have known that my environment was implanting messages in my head that would become the mental program dictating my every choice and ultimately running my life. No matter what I thought I felt, said, knew, or experienced, I had a difficult time building my confidence or establishing a true sense of self-esteem. My ideas about myself and the world around me were formed by external stimuli made up by worldly human flaws.

My first job was with the City of New York. I held a position in which I regularly felt deprived, stuck and humiliated. While everyone else tried to

force me into feeling blessed for having a steady income, health benefits, a uniform and a pension, my duties conflicted with my inner desires, self-image, and ripped at my spirit. I was a traffic enforcement agent designated to a special agency within the NYC Police Department. I spent the bulk of my days under the heavy demands of others who had stopped dreaming. They insisted I be happy and grateful about towing cars, dealing with irate citizens, and enforcing regulations that required me to issue summons that grossly over-charged area residents. I issued penalties that often meant a surrender of a person's entire day's pay. But according to the people in my life, I was better off than those dope fiends spilling sleepy saliva on the seats of the buses I traveled to work on each morning.

I had big dreams of becoming an actress, a writer, a filmmaker, and a creator of jingles for commercials. I was sure I could write equally engaging, or better, more responsive dialogue for the market than the versions I saw on my television screen. I was a super excited creative. By age ten I'd written several songs for Janet Jackson in my journal, but never sent them to her. I can hear the words to one song playing in my head as I type this. But even louder than the words I wrote for Janet were the limiting messages my grandmother and other influential adults shared with me. They didn't believe in deep desire as God's inner compass driving his children toward purpose, so neither could I.

There were so many contradictions about who I could or should be spiritually and in the flesh. The subliminal messages being programmed into my head went something like this: "Think about your future. There are not a lot of opportunities in that area out there for a black girl. You have a good job and a good head on your shoulders so don't screw it up for yourself. You're doing better than most. We're so proud of you. I thought you weren't going to amount to anything, but look at you now."

I continued to work in a position I hated, unable to stand up for myself, and feeling trampled on by media's subliminal messages, which seemed like

a great choice to so many. I fed into their beliefs and continued to live a mediocre life at best. I made unnecessary sacrifices and blindly accepted the version of reality handed down to me by those who loved me most, and their closest friend, the media. Although my family complained about the media, they were programmed to believe the same messages and so were my neighborhood cronies. It became easier to conform, stay small, fit in, and source my praise by complying until this mentality rolled over into my relationships.

I developed the habit of not thinking or feeling for myself. Just as my father treated my mother and every other woman who was unfortunate enough to cross his path, I found a boyfriend who treated me like shit. I learned to make excuses for the results of my low self-confidence and self-esteem. I surrendered my reality to the experiences of my family and peers without investigating and discovering what life could be like for myself. I was trapped behind the dependencies, normalcies, biases, and expectations for my type, gender, income bracket, and education level. In my mind, I couldn't leave my job because I dropped out of college and let my dreams die. I honestly believed there was nothing else I could do. I stayed in a rocky and dangerously abusive relationship for the remainder of my late teen years and my early twenties.

The last black eye I received changed my mind regarding what I needed to do. It was the last hour I would live out my days unsure of my abilities, my world and my position in life. I decided to either discover who I could be or die trying. I quit my job, quit that abusive relationship, and started my journey with the one plastic bag of clothes I owned. It became clear that the quality of my life would be determined by how resilient I could be in the face of adversity, how quick I could disconnect my reality from those attempting to force their ideals, fears, and realities on me, and how persistent I could be about rebuilding my self-confidence. When that sweet confidence knocked, I was twenty-two. The more I pushed myself out of

my comfort zone, the more I met and built relationships with the very people the naysayers insisted would never accept and support me, and the more I realized there are so many things we all have in common.

Life has beautiful sweet spots, but it's not all fresh flowers and sugar coated delights. Life also tosses out curves where you come face to face with a dog eat dog world, where Peter's robbing Paul in a back alley, and someone is steadily trying to take advantage of the meek. The longer you act like a pussycat, the longer they'll leave you tied to the bedposts for the endless train of suitors looking for an easy way. Over time, you realize that without self-confidence, respect is fleeting. People aren't listening anymore. The things you want stay wants, and the things you need have been tossed out back, and you had better be there early to get your share of the scraps.

You discover that your employer doesn't give a shit about you because in the agency's mind you're disposable, replaceable. There's a long ass wait list for your position, one that no one in upper management seems to value, not even the owners. The CEO is too busy chasing the employee with all the confidence. The one who knows what they want and is damn capable of getting it, or willing to go elsewhere if they decide it's in their best interest. The CEO knows the confident employee will help the company smash out the competition and will step over everyone to get to this person.

You learn no one cares about your heart, your feelings, or your self-pity for longer than it takes to bring the trash out back. No one takes you seriously because it's natural in our society to be repulsed by the pushover, to have disdain for the ass kisser, and even science suggests that a desperate beggar is unattractive. You're forced to grow some balls and face your fears; there's just no substitute for your birthright to be self-sufficient, self-loved, self-esteemed, self-liberated, and self-confident. There is a tendency for people in our society to offer nothing more than scraps until you stand up to be counted. They won't make room or create valuable opportunities for you

out of thin air. You're required to use personal energy and exude certainty if you want to create opportunities you can really own and cherish.

Your sacred energy must be adjusted to meet the demands in front of you so you are able to attract the life you want. You'll have to realize who you are in the larger scope of things, assert your position, speak up for yourself, invest in yourself, commit to lifelong learning, get serious in your spiritual process, and unleash your confidence so you can be the decider and shaper of your future. The most important aspects of life, relationships, career and overall good health are created out of an ability to be confident enough to go after the things we desire. Without confidence in ourselves, we take the backseat as spectators; wishing, hoping, dreaming, and sometimes hating, but doing little to exercise our natural ability to create the experiences we want while here on earth. We don't have forever, so let's get started.

~May you find inspiration in these pages and discover feelings of clarity and inner-strength.~

Reflection:

- a) Create a list of all the things you want to do that have been set aside due to your lack of confidence.
- b) Based on the introduction I shared above, name three areas of your life that are stifled or lacking quality.

LAW 1: CULTIVATE THE BELIEF YOU ARE NEVER ALONE



IF YOU STARTED TODAY OFF THINKING YOU'LL NEVER HAVE ENOUGH confidence to go out into the world and secure the relationships you want or the career, money, and friendships you long for, much less move out of your cramped apartment and into a home of your own, it's okay. You and countless others hit the snooze buttons and pulled the covers back over your head for a few more minutes to hide away from reality this morning.

Depending on your situation, it's hard to stay inspired when life presents itself as a constant matrix of unexpected complications. I'd like to encourage you today and let you know that there are pathways that lead outside of the matrix and into realms where you can discover ways to unleash true self-confidence. You can be the director of your thoughts and feelings and create the life you want and deserve. This is your movie. Many of us spend years being led away from our true divine selves without realizing a separation was even taking place. But it doesn't matter if there was a time you begged, pleaded, and cried for a shitty ex-lover to return because you'd rather deal with lies and instability than risk toughing life out alone. I did it, too.

You gave so much of what you didn't have because it didn't occur to you that you should always come first. Yup, I was a few towns away denying my own needs right along with you. Even if you're the one who went above and beyond and outside of your financial means to buy things for your children because you felt guilty for being a single parent, and now you're broke, it's all good. Trying to make up for the absence and irresponsibility of a parent or anyone who just doesn't give a damn is an endless and unrealistic pursuit, but we take it on anyway. There are so many mixed messages coming into our brains from the outside, dictating and shaping us into people we're not happy being, and before you know it, we're conditioned to be everything except true to our nature.

Take a deep breath, relax your mind, and feel confident the choice you made to join this conversation is Universal Intelligence, God's mysterious way working on your behalf. What if I told you the powerful source of universal love and divine law knows of your worries and concerns and wants to work one on one with you? The infinite source of loving energy, spiritual intelligence, and the law of cause and effect is always at work in your life. The goal is to forge a connection to these spiritual phenomena more fully, insightfully, and deliberately, and realize there is never a time when you are alone. One of the principal characteristics of this book is to guide you closer to an intimate relationship with an infinite source of love, intelligence, and direction.

Aside from all the issues with confidence, how is your spirit today? There's a growing body of evidence supporting a wide belief that spiritual practices are undoubtedly linked to better health and overall well-being, including how confident we feel about ourselves.

The ways in which we approach spirituality are diverse. We move in and out of various spiritual systems seeking a stronger connection to the divine. We seek practices that fit well with our personalities, lifestyles, and individual goals. With so many unanswered questions in life, the

development of spiritual practice can bring inspiration and hope to believers, while increasing our capacity to feel compassion and empathy for ourselves, and others. According to studies in metaphysics, if we took measurements of ourselves within this space, the human body contains more spirit energy than physical body, at the rate of approximately 90/10. This amazing theory further explains the importance spirituality has in helping us maintain emotional balance in the physical world, where it can become overwhelming and emotionally challenging to protect our quality of life.

There are countless ways to take care of our bodies, but let's examine four clear ways to manage, nourish and care for our spiritual energy.

1. **Prayer:** We pray because we believe that a higher power is looking after us, giving us guidance and accepting us where we are no matter what. We release our thoughts and earthly conflicts with a sense of assurance that God does not discuss or share our secrets with anyone else. Some of us are so good at making a connection through prayer that we source help that seems to come down from the heavens and aid with solving our problems and managing our hectic lives. Prayer offers reassurance, connection to an outer realm, and elicits physical and spiritual relaxation, which can leave one feeling grateful and fearless when finished. Believing in something bigger than self can put things into perspective, cause problems to appear smaller, and provide a true sense of comfort during tough times.

For a long while, I didn't realize the power in looking away from the world and toward something deeper. I didn't have consistent prayer habits, but something divine was still working for me through the sporadic prayer sessions I offered mostly at moments when I felt happy. I refused to pray when I was sad, hurt, broke, or indifferent because I felt that was my weight to carry and others needed that time with God more than I did. I didn't want to be a pest to the spiritual world. All things considered, I was wrong for assuming that prayer should be reserved only for thankfulness. When I

began to open up to the unseen and share my troubles and disappointments, the relationship grew stronger. Today I consistently choose prayer over everything else. I find it encouraging that medical studies prove patients who rely on prayer power and spiritual guidance do better in all aspects of physical healing, and the restoration of emotional and psychological health during treatments.

2. **Meditation:** Mindfulness is a state of mind where judgments are abandoned, and each feeling, thought, and sensation that comes into the body is accepted for what it is. Sitting still is a radical shift from our normal way of operating. Doing so can effectively bring mental clarity and transform how we do and see things throughout our day. Mindful meditation can change the structure of grey matter in the brain, and change the body's response to stress factors. This practice has a direct impact on our physical and emotional well-being. Since I began weekly meditations, I bounce right back more quickly from negative external circumstances and obstacles. No matter what my problems are, they simply don't bear as much weight or have as much influence over me as they once did.

We meditate for many reasons, and while meditation is not an end to a means, it can be a valuable personal or group practice. Meditations can be combined with other spiritual preferences and an overall self-care routine.

3. **Yoga:** What I love about yoga is its gentle approach toward physical movement and spiritual involvement. It allows a yogi to feel connected through simple postures while working up to more complicated ones. It's a centuries-old practice rooted in religion but can be learned and practiced by anyone wanting to feel and experience the oneness of body, mind, and soul. I found that yoga improves my confidence in body and physical endurance, because when I'm arching my back like a cat or stretched into a downward dog position, observing the nothingness of space for long periods of time, I can't help but feel like a total badass.

Even more than adding flexibility to joints and muscles, yoga decreases blood pressure, improves mental awareness, and wards off depression and anxiety. Building a relationship with your mind, body and soul trinity is special because you can practice and derive a lot of benefit alone. I join my favorite instructors via online video or digital apps and get going from my mobile phone when I want some immediate company. Three years ago, I began practicing yoga from my iPhone, which I propped on my dresser in the early mornings. Soon I was in lobster posture nearly flattened in a precarious human pretzel on my wooden floors. No stress.

4. **Journal:** Keeping a journal is like installing a drainage system for emotions and feelings. When you're into it and let go, it can beat the heartache, lowness, stress, and disappointment of a bad day into submission. Taking a few minutes to write down the details of the day that you find important or undesirable has an incredible effect on the spirit and offers perspective later on during reflective reading. I've read some of my previous journal entries and found myself stunned at some things I wrote. Reading through moments of reflection and daily dumping force me to realize the truth about situations that shouldn't be ignored. By the time I read older entries, I mostly find that things have gotten better or if not, like many journal keepers, I've gained clarity and understanding into what needs to happen to improve the things with which I'm not content.

We have options for spiritual growth. The love we need to overcome the limitations of our minds, or the limitations of others who impose on our desires to move freely, is always available. You have the power to take initiative, tap in and advance your spirit through prayer, meditation, journal entries, or yoga.

A deep connection with the powerful source of love and law is a strong ally for a human navigating the physical world. Once you understand the bullshit draining your self-confidence, how to stop it in its tracks, and how to rebuild a strong sense of authority over self, you can combine the jewels

you take away from these 16 Laws. Practice the ones you feel are right for you, and always be clear with yourself about who you are within the larger scope of things. Through God, all things are not only possible, but they stay that way when we stay connected to its divine source. In this sense, you are never alone. Each breath you draw into your body is a reminder that you are eternally hooked to an immeasurable stream of higher consciousness.

Reflection:

- a) Write down two ways you can strengthen your spiritual relationship and connection to a higher power.

- b) Think of one experience when you're certain a higher power was active.

- b) Describe a specific circumstance or blessing that came together for your good or benefit.

LAW 2: STAY SEEKING AND YE SHALL FIND



DAY ONE WE'RE BORN CRYING BECAUSE LIFE BEGINS ITS PROCESS BY letting us know that the best experiences are on the other side of pressure, struggle, and pain. The miracles of life form best when we're uncomfortable. The painful pressures squeezing new life into you start through contractions beating your tiny body out into the world's first welcoming hands of a helpful stranger. Exiting a peaceful world of infinite darkness, you slide into the hands of this stranger whose first hello is a hard and awakening slap to the ass. "Welcome to the rest of your life, where shit gets crazy, scary, and outright ridiculous before it gets better," is what the doctor should have said that day.

If each time we come face to face with a challenge, we'd recall all the trouble it took to get here, then maybe we wouldn't be so afraid to confront the unknown. This momentary choice of self-reflection would stop us from allowing ourselves to be fooled into thinking we could avoid suffocating squeezes, fatal bumps, and debilitating blows when asking life to give us something great. But unfortunately, a lot of us hope that we can get the things we want without too much hassle. We prefer to collect our victories with the least discomfort possible. These are high hopes that are rarely met with success. In the end, the circumstances handed over by life gets the best

of us. They relentlessly hurt our feelings when all we want is for things to go smoothly. Each disappointment gradually reduces hope, drains confidence, and leaves us complacent and disappointed in ourselves.

It's frustrating to be caught behind the sunken feeling of personal failure, where you live mostly living inside of your head. Sinking deeper into your thoughts, unable to get out and express yourself and do something worthwhile with your life. You want to create moments worth the trouble if it's the last thing you do. Write a book, become an actress, make a million dollars, find the love of a lifetime, cook dinner for the president, design an outfit for Beyoncé, build a dream house, become a NY Times bestseller, become a porn star (OK, I'm overdoing it) but this list goes on and on. You were born with an inner-flame of natural desire, which causes you to be driven toward experiences where you believe satisfaction and contentment can be found.

Seek and ye shall find is an outstanding prophetic scripture that explains our natural state of being. When we look deeper, this scripture can help us understand that severe postponing of seeking the things we want causes spiritual and psychological discomfort. It's your birthright, not a privilege, to do the things you need to do to express yourself and be productive in as many ways as it takes for you to feel liberated, redeemed and satisfied. To be stuck behind your inner-flame burning up with fear, self-doubt, lack-of-confidence, and low self-esteem is the complete opposite of Universal intention for your life. You are here to discover more about your world and yourself and find purpose that satisfies and holds your attention.

It may be the circumstances you're dealing with that are causing difficulty with belief in yourself and your abilities. You're lacking confidence, which means the things you want to do seem so much bigger than you and so far away from reality that you can't begin to imagine how to achieve them.

Consider this scenario: Imagine that all the things you want are right in front of you behind a thick Plexiglas and you need only find an axe to break away an opening, just enough for you to get through to the other side. Let's assume the Plexiglas is your resistance against yourself and that resistance is made up of the fear that holds your confidence back from flowing in your favor. If I told you the Universe wants you to have those things and there is an abundance of love, prosperity, kindness, miracles, surprises, happiness, wealth, relationships, and anything else you want, always available for you, would you be encouraged to go get that axe?

Because whatever you imagine is available for you.

A common symptom of low self-confidence is limited beliefs, particularly about oneself. Most of us entertain thoughts of doing something great with our lives and enjoying unique and fulfilling experiences. Whether our desires become reality or not depends almost entirely on how we feel inside. Are we thinking thoughts just to play around on the infinite playground of imagination, or do we actually believe we can choose the ones we want to nurture and make them reality? If we view our thoughts as imaginary or farfetched with no belief or faith in ourselves to bring them about, then they stay pictures in our minds. But when you raise your beliefs about yourself to match the thoughts you bring forth in your imagination, believing, "*yes, I can do this,*" your spiritual vortex opens up, and agrees that you're capable of doing and receiving the ideas in your mind's eye. You must develop trust to know you were not created with such a brilliant mind and heart capable of imagining, desiring, and wanting so much only to discover there are no ways to make your desires possible.

During your next quiet sitting practice doing some things you want to do while in your imagination. Allow yourself to jump into the role, location, or status you're seeking to experience, and connect to all of it. Believing that anything is possible for you will take practice because it goes against everything we normally see and experience. Our world appears to impose

many limits. This can easily translate to personal limitation in the mind of its occupants. As you engage in this mental exercise, open up to the pleasurable feelings that would normally show up when you're having your way. You have the willpower to connect high frequency feelings to thoughts about your impending plans and experiences. You can experience these feelings the same way your emotions of fear follow thoughts that predict bad future outcomes, except you will use your imagination to predict the best possible future for yourself.

Depending on how you perceive and respond to the events happening around you, the circumstances of the challenges you face can become so overwhelming that you'll go from fear paralysis, to avoidance, and eventually give up on our goals. You start with all the energy you need to go after the things you want, but somehow you make the choice to back away and convince yourself that you can't succeed for various reasons. Science reminds us that energy is always flowing because it never dies. As a human spirit you're packed with all the energy you need to do the things you focus on. When you don't use your energy to your advantage and resist your own progress, you allow yourself to operate under low frequency emotions such as fear, doubt and low self-confidence.

All of your high frequency energy shifts and it still must go somewhere. That energy reserve can become destructive and transfer into behaviors like drinking too much alcohol to disconnect, taking drugs to feel euphoria, over-eating, gambling, binge-chocolate face stuffing, having sex with idiots, participating in dysfunctional relationships, over working, and overspending. These are just a few of the less than ideal situations that people we know and love resort to when they place limits on themselves.

***Jewel:** You weren't created or designed to constantly self-deny or become marginalized by fear and its monster human traitor, Southern cousin low self-confidence.*



(Southern is used to refer to your lower level feelings or the negative emotions we feel that can be compared to a personal hell. Traitor, as in any feeling that goes against your desire to be confident and happy.)

It's unnatural for you and the reason so much suffering results when you find yourself a slave to fear, held back from opportunity and success. It's your birthright and biological impulse to feel a desire to shape your life, future, and destiny. You were created with billions of encoded neurons sending electrical messages that cause you to want to do things, feel desires, and seek new experiences.

You came into this world already influenced and steered by an innate spiritual and biological inner-compass that will continue to flood your mind and soul with the desire to create, expand, grow, explore, learn, and undertake the things you crave and are naturally drawn toward.

This summary explains our true nature, although it tends to be overlooked from the psychological state where the demands of the world are taking first priority. There are many scholarly written sources devoted to understanding and explaining the unique instinctual characteristics of human nature more comprehensively. Highly regarded specialists from every discipline admit that the desire for us to DO is the purposeful spiritual and genetic installation of a high intelligence. You are a creator and were born to do the things you want to do. Allow yourself the freedom to do the things your mind entertains. Promise yourself that you'll stop going against your nature and work to overcome illusions of fear when they take hold. Seeking and finding represent the core spiritual instructions that need to be applied in

your search for purpose here on earth; **Matthew 7:7-8** couldn't be any clearer in its efforts to notify us of our duty to find purpose as humans.

"7: Ask, and it shall be given you; seek and ye shall find; knock, and it shall open unto you: 8: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

~ Each step you take away from fear and toward your goal is the diligent self-work responsible for building, boosting, and releasing your self-confidence. ~

The mental and spiritual intensity felt when you procrastinate, stall, or fearfully walk away from a goal you want to accomplish can cause so much discomfort it helps you realize it's time to put in the work, confront your fears, and muster the courage to do some shit you want to do. Those uncomfortable feelings are there to push you to meet the basic requirements of your existence; to develop the habit of defining and clarifying each purpose and intention, to commit to self-determination, to plan, to coordinate, to gain perspective and persistence, similar to the first day you were born.

Nothing was done by chance the day you came into this world, and because of the careful planning for your arrival, everyone was as confident as they could be about your safe delivery. Clear plans and goals were established to prepare for your arrival. Everyone knew you were coming, and you made it through the hands of that strange doctor and to this moment for a reason: to continue applying all you learned that day throughout the rest of your life.



Jewel: *A huge part of building your self-confidence will come from the actions you take immediately following your thoughts. The more you get shit done, the more you feel good about yourself. When you decide on a goal, a clear action must be taken on behalf of that goal within the small time frame of your desire's strongest appeal. During these intense moments when you're excited about an idea or a thought is when you're invested in the good feelings associated with achieving your goal. It also is the time when the most energy, intuition, and enthusiasm are available for applying yourself to action on behalf of your ideas and goals.*

Think of these moments as important links on a chain that are only good for a certain amount of time before they expire. Each time you initiate an action following your ideas and thoughts, you not only progressively attach a new link to your chain, you extend the expiration date. You stay interested and invested in the object of your heart's desire by the last action you applied. Choosing to *act* and be *consistent* inspires new thoughts and actions that follow naturally. This system will continuously grant more strong links to complete the chain of events that will ultimately lead to you accomplishing that goal.

This process is Universal Law and has no function other than to eventually deliver, which further defines the laws working with and for you while following the command "Seek and Ye shall find."

Some days you will do so well that your actions will bring together more links than the last time, and this process will continue to become easier, habitual, and personally gratifying. Reminisce about a time when

this formula actively manifested an outcome in your life. Take a few minutes to think about it. Remember the times when the things you pursued became easier and more accessible as you went along. By reflecting on any situation from start to finish, you'll be able to recall the events that took place between the moment you began and the final moment when you achieved the goal you set out to accomplish.

The sequence of events that happened in between represent the unique patterns brought on by your decision to go for it. Universal law is the response phenomena that aids in the process of manifesting your intentions to completion. Practice becoming more aware of the amazing little circumstances, which seem to be out of your control, but occur within the course of your progress toward various goals and tasks. Eventually you'll become a skillful identifier of this supernatural intelligence always working for your good. These omens become easily recognizable, which will be discussed further as you navigate the remaining laws.

Reflection:

- a) Think of a goal that was important to you, but you stopped seeking. Write it down.

- b) How does that make you feel?

LAW 3: ESTABLISH A-GAME



No Plan, No Win

BUILDING SELF-CONFIDENCE IS A SKILL BEST BUILT FROM THE INSIDE out. The more you connect with your plans and goals mentally (mind), from the heart (emotion), and by physically taking steps toward them (action), the more likely you'll become a believer in your ability to complete them. Using this combination, or creative trinity, aids in the gradual development of a strong belief in yourself. You'll gain confidence in your abilities as you do the things you commit to, similar to the way roots of faith deepen from a tiny investment of hope small as a mustard seed.

For example, as soon as you entertain the thought to grab a new position in your company that pays more, you've opened yourself up to plan creation. Write it all down. On that memo, write down any specific details that capture your imagination related to holding the new position. Describe the ways this position would improve your life. List any unique characteristics and skills you have that make you the best candidate for the position. Be specific.

Take a close examination of the characteristics and skills of the person currently holding the position. Figure out what you must do to develop and

match those skills, or surpass the requirements. This is not a competition, but a thoughtful assessment of what it realistically takes to optimize yourself for what you want. Be genuinely impressive by anticipating solutions for problems that could show up and have yet to be solved or discovered in that position by anyone else. Some of your solutions for issues within the company could be discussed in the pitch during the interview process. This insightful approach can help you to be recognized as the most suitable candidate for the position. Set up a time for research. Develop a clear step-by-step outline describing your plans and processes for securing this position all the way to the interview and beyond. Act on each step over the estimated schedule you propose in your plan.

As you obtain the knowledge you need and make small achievements along the way, you'll become more confident in this process. And even if things don't work out, your efforts never go unnoticed, nor are they ever useless. The things you learn will apply in other situations and you'll become wiser and remarkable in shaping yourself for the areas you want to be in.

The main reason people go after goals only to quit prematurely is because they don't invest the time necessary to plan for their visions. It's tempting to adore or swoon over a person who seems to have it all, whether they're in a great relationship, an incredible career or business position - when we're under the false assumption that they're just lucky or privileged people. No one is that lucky. It's unlikely for anyone to be handed great experiences on a silver dish. Most people who do well are planning for it.

Planning raises the expectations of its creator. It helps them see things that they wouldn't see otherwise. Your plan also works to keep you encouraged and inspired as you follow it. During those moments when you look back to see how far you've come, you'll be able to witness and mark off milestones, which will leave you feeling like a complete gangster. Gangster mode further deepens your connection to feelings of inspiration,

determination, competency and consistency. It will lead you to the finish line. Confidence is comparable to a steady internal fire.

~ A plan has the power to push you forward because during reflection it reminds you of all the work you've put in so far, which makes it tougher to just quit. ~

Expect to go through the trenches because it's a part of the goal process, especially goals that can drastically change your life. If it were easy, everyone would be grinding toward their big goals right alongside you. A sure way to become frazzled and thrown off course is not to be on your A-game. It's best not to be too eager by jumping into something that's important to you without thinking it through to the end.

For instance, so many of us are guilty of following the instinctual magnetic pull of our most basic need for physical attention. The problem is, this can and will work against the things we want in our relationships. Meeting a handsome man with all the right back strength, (excuse me), income, and mindset doesn't necessarily signify a good match. He could be intelligent, spiritual, and sexy but later reveal that he never wants children or has no desire to move to LA so you can chase your acting dreams in a suburb near Idris Elba's vacation condo. Damn! Meanwhile, that's what you want. When there's no plan, we fall into situations not right for us constantly. No one wants to be stuck in a relationship where their primary desires are not being met and their goals are not being accomplished because they failed to be clear and real with themselves about their own plans.

Neglecting to plan is the norm in our society and a primary reason so many adult lives lack the quality they want. When you have a plan you

know what questions to ask. You're confident enough to skip less than ideal situations to save yourself loss of time and energy. Always construct a clear plan that lays out a personal blueprint. This will help you navigate important areas of life, relationships, and career. Everything won't always go as planned, but at least you'll have your ideas and expectations all written out. When you hit an unexpected bump, which you will, you'll know what you must do next. People who plan can land in relationships with their soul mate or explosive careers because they were clear about what they wanted in their lives first. These situations are generally not magical blessings that fall out of thin air for people who neglect to plan and prepare. The universe doesn't work like that. We co-create with infinite love, law, and intelligence, which means, we must uphold our part of each deal to bring forth the magic of cause and effect.



Jewel: *One important key to building self-confidence is to avoid doing things you're serious about blindly. When circumstances allow for preparation, be steps ahead of everyone else by doing just that, preparing. Work to be way ahead of yourself by developing a thoughtful plan of actionable steps that take you all the way to the end of the game. There are more people who are not willing to go this extra mile than there are ones who are: be the one who will. The rewards for being a thoughtful, independent learner, who's readily prepared for the things they go after, are infinite. Each time you commit to planning first, you turn up the dial on your A-game and increase your chances of success for reaching any goal. Be remarkable: it's the reason you were made perfect.*

**~ Your movie is far from over and you're still the creator, influencer,
director and designer of your life's plan. ~**

In hindsight, I remember the potential for plans and opportunities that were available to me. There were obvious signs trying to get my attention, but I would not act upon them. Instead, I developed the habit of either brushing those signs off or doubting them. I would become pregnant in the face of opportunity or commit to an assignment that would last for years. I'd fail to get back to what I love most: writing and creating. I couldn't have known I'd establish a connection that would ultimately direct me to write scripts, viral articles, and books, this one about restoring self-confidence.

I had to overcome tremendous fear to write this book, not because I could not do it, but because it takes so much for me to sit still and do something I want to do and enjoy doing. I was conditioned to do more for other people than myself, but when it came to giving attention to my own projects, I would normally place them on the back burner of my mind and laptop. Part of my procrastination was backed by guilt and resentment for wanting to create in my own unique way.

My confidence was high for outside project involvement and people loved bringing me into theirs, but those assignments affected my confidence to dive in and commit to my own projects. In order to do this the right way, I knew I would have to be okay with revealing parts of myself and my life that I felt would help someone. Like many others, my biggest fear was wondering if what I have inside is good enough.

I decided I'd had enough of allowing fear and procrastination disguised as perfectionism, or motherly duties, or lack of resources to continue holding me back. There wasn't anything worse than living in fear wondering

how much longer I'd remain unsure of any good things that might result out of simply being myself, while doing what I love and want to do.

There comes a time when you must say forget it and jump into the cold pool with your jeans still on. Even though you know at first it will feel soggy, cold, uncomfortable, and wet. Eventually those moments of discomfort transform into fun and lasting bonds created with friends giving fear the finger while rooting you on. And let's not forget that jumping in the pool with your clothes on leaves a memory that will bring smiles to your face for years to come. That's the kind of experience confidence is made out of, random double-ups with fear, where you have to come out swinging on your own thoughts.

Reflection:

- a) Using the goal from the previous reflection under Law 2 (or a new goal) apply A-Game strategy by thinking the process all the way through to completion.

- b) Write it in plan form over a realistic schedule.

LAW 4: OWN THE VOICES IN YOUR HEAD



THERE ARE MOMENTS WHEN YOU FEEL THERE'S GOOD REASON FOR NOT taking steps to reach your goals. You hesitate, even when it's clear your goals have the potential to bring you closer to self-satisfaction and possibly change your life. Pushing past the negative voices that spit doubtful chatter into your mind the second you have a bright idea is a difficult obstacle to overcome. Because of this, you don't follow through. Whether you ask it to or not, there's a part of your brain that loves to whisper and sometimes shout, telling you what you can and can't do at every breathing moment. That annoying-ass voice is always there. Sometimes it's truthful and it protects you from things that can harm you or lead you off the beaten path. At other times, your inner-voice is a liar hindering your progress and success. Your duty to self is to become more conscious of the reasons those voices are there. You must make them take a chill pill when they get carried away. You need courage to find a way to bypass them and move in the direction that cooperates with your heart's desire, not your thoughts.

Fear is the low frequency emotion behind feelings of low self-confidence. Emotional fears trigger our insecurities and cause us to think self-defeating thoughts when we attempt to muster courage. As early as the days of Aristotle, attempts have been made to identify the exact amount of

emotions in humans. While Aristotle's list proposed fourteen distinct emotional expressions, today the American Psychological Association suggests humans have seven emotions; joy, surprise, contempt, sadness, anger, disgust, and fear. Each emotion acts as a central core to a wide range of feelings, thoughts and behaviors. For example, fear is behind feelings of terror, apprehension, procrastination, isolation, and so on. With expanded knowledge of your emotions you can better understand the reasons behind some of your behaviors, feelings, and unwanted thoughts.

We might not realize it in the moment, but we make subconscious decisions not to trust or have faith in our abilities when we allow fear to become father of our emotions. Fear triggers our negative emotions and self-doubt, which cause disruptive mental messages to begin their dirty work in our heads. These messages have the power to disrupt your efforts each time you attempt to do something you view as an obstacle or as bigger than yourself. Fear breeds more of its kind and many of those related low frequency feelings come out to taunt us during strenuous bouts with low self-esteem, resistance toward change, distorted self-image, and other low frequency agitators.

We automatically make decisions about how we feel others might see us, and we're also affected by how we see ourselves. Together, these feelings further influence our negative inner voices and behavioral responses during moments when we're not practicing self-awareness. The fear of going on a job interview is not about the interview as much as it is fear driven by being too heavily focused on the person giving the interview. In this misdirected state of mind the person is not in the moment. Instead he's nervously predicting the outcome of a process when he should be engaged in it.

The inner voices reduce the prospects' mind to worrisome concerns about the interviewers' thoughts throughout the entire interview. Pushing through those fears would be the interviewee who keeps his mind focused

on the questions being presented to him. The focus would be on sourcing suitable answers and mentally noting his skills and ability to do the job he came to obtain. In situations like these, it comes down to where you choose to place your attention. Fear needs your attention to be on the things you can't control so it can thrive, hence, leaving the mind ripe for negative voices to occupy.

~ Why worry about your outfit and hairstyle during the interview when there is nothing you can do to change it in the moment? Also, it was good enough before you left home so it's good enough now, no matter what anyone else has on. ~

I describe negative self-talk and disturbing inner voices as a normal multiple personality syndrome in each of us that has to be overcome. To stop that negative voice, you must tame it with your higher self, the part of you who's being imprisoned by it. The goal is to have both parts of you focus on the right thing. If you're trying to focus on one thing, but keep listening to those negative and nagging mental put downs from your inner voice, you are not working together.

Becoming a master of productive focus will help protect you from experiencing random divorces from your confidence during moments when you need it most. Being clear about your level of control can shift your focus to areas where you can assert authority. In an interview you have control over your face to smile respectfully, which will distribute comforting hormones that give off positive emotions throughout your body. You can also decide on a thought of inspiration you can refer to during moments when you feel nervousness, tension or outright panic trying to squeeze in and choke you up in public. For some people, just imagining themselves in the position right there during the interview will give them a feeling of security and power. For others, imagining one circumstance that

would change drastically in their lives if they are hired will give them all the inspiration and courage they need to make it through the uncomfortable line of questions that interviews often present.

There's so much power to be drawn from shifting one's mindset to contentment instead of lack. In other words, stop thinking about what you don't have and focus on what you do have. Here, it's an opportunity to interview for a position you want. A few others didn't make it this far and would kindly pull your seat out from under you if they could. An interview means someone is interested in you and just wants to kick it a bit more to confirm you're a good fit. You're needed just as much as you think you need the position. Remember, without a good candidate the company suffers so the position must be filled. No one is doing you any favors. You're part of a collaborative effort to get the right person into this position.

This mindset has always worked for me. I prepare myself by believing that a smooth interview and filling the position is just as important to the person interviewing me. The interviewer wants the prospect to succeed so the process can end and they can move on to filling others positions. There's this overwhelming fear that sets in during interviews because the person on the other side of the desk rarely considers their own value. Once you realize how valuable you are and acknowledge the work you've done to acquire the skills you have you'll feel confident from any seat in the room.

Your voices are just voices and they do not constitute reality until your actions follow them by getting so out of control that you turn your thoughts into self-fulfilling prophecy. Yes, you literally can think things into existence, over time and on the spot, so you might as well think grandeur thoughts of success and achievement. Being your authentic self is usually the best solution in all situations because if you are rejected, at least you'll know it clearly wasn't the right fit for.

Stop doubting yourself. A loss is not always a loss but a release from something that could have been far worse had you stayed. The universe

works in deliberate and protective ways and it's important to get comfortable with trusting the process, even during phases when it appears as if you're not getting what you want. Practice calming the voices in your head in high stress situations by remembering who you are and what you came to do. Understand that your thoughts have no proof of what they're telling you and they're usually just screwing with you because fear is telling them to.

Reflection:

- a) During moments of personal failure, stress, or disappointment, how do your inner voices automatically speak to you? Are they kind and supportive or do they put you down?

Example: "That was so stupid of me. I can't believe I did that." ~ or ~ "It's all good. I'm glad I had this experience. I'll do much better next time around."

- b) Think of a time when your negative thoughts about an outcome were off the mark and everything turned out fine. Write it down.

LAW 5: STOP RELYING ON OTHER PEOPLE



No One Cares If You Get What You Want out of Life or Not

NOT BECAUSE THEY'RE ALL MEAN, SELFISH, OR HATEFUL, BUT BECAUSE people have their own complicated lives. Your dreams most likely make it to the bottom of their To Do List, if they make the list at all. I asked one of my closest friends to call me once per week and check in on me to be sure I completed my writing for the week. I wanted to be held accountable by someone I trust. Accountability is so important for keeping us on track while following a game plan, hence, building big confidence in return.

To gain the traction and momentum to stay inspired and feel good through your creative process or whatever you're trying to achieve, you'll want to adapt a consistent rhythm into your system so you'll keep going at it. Electing a form of accountability provides support and encouragement for tough times. Difficult obstacles are almost guaranteed to show up and thrust you off track or discourage you every now and then. Sometimes we become lazy, bored, or lose interest in the things we want to do because the process can be so grueling. Writing can be a process with extreme highs and lows. If it were not for my finding a way to hold myself accountable, you might not be flipping through these pages.

So do you think my close friend called to check in and hold me accountable for my work the next week? No, she never called, not even once. When she did call, weeks had already passed and it was a brand-new month. Once I realized my request for support was accepted in vain, whether she meant to call, or took my request for accountability seriously, it no longer mattered. I immediately accepted that my dreams were my priority. If I needed to fill this demand, it would have to be done a different way. I subscribed to a service to resolve the important issue of accountability. Turns out the route I've chosen works well for me. I'm surrounded by writers and other creators who understand the field and its challenges.

When things don't work out as you'd like them to, it's okay. The important thing is to remain open and flexible so you can do things another way. The Universe is always working on your behalf and sometimes it leads you in a different direction than you imagined for yourself. The mysterious intelligence of our Universe does this because it knows you'll be served far better and in ways that will differ greatly from any source you could have chosen on your own. Trust in the intelligent Universal process. It probably won't be the people you know well or have had long relationships with who help you over the bridges that connect the path between you and your goals.

An equally important lesson to be pulled from experiences like these is that even the people who love you and most likely have your best interest at heart will not always make themselves available through action when you need their help or encouragement. They will only have your back through verbal promises or when you finally show up in all your success and glory with trophies in hand. At this point you'll have the privilege of deciding if they're people you want to keep along for the ride, or well, you know the rest.

Becoming your own best advocate, ass kicker, alarm clock stalker, creator, mover, AND shaker are the crucial characteristics of the self-

accountability system it takes to make this deep-layered onion burn effectively. There's no need to use any extra thought juice assuming that the people in your close circle don't care whether you succeed or not, or that they're a bunch of haters. Although those are tempting thoughts to entertain, when it could just be that they're entangled in the constant task of directing their own complicated lives. It's quite the labor for anyone to take a position where they can stop all they're doing to help others with their lives, after all.

~ They want to care but they don't give a crap about your dreams or lack of confidence. They're too busy trying to figure their own lives out.

~

But, they love you, they do.

You just can't rely on them, especially if you plan to succeed at becoming ruler of your life. It can't matter who's there for you. Only you can accomplish your dreams and goals. With prophetic excellence, Universal intelligence puts the right people, places, and circumstances into your path to guide and assist you with creating links to your chain. Not everyone will or can stay, or at least not during every cycle. Sadly, I've witnessed talented individuals relinquish their dreams to fear because of strong inaccurate beliefs that no support is available to them. I have a spiritual inclination that says this process is designed this way on purpose. Somehow, it is for our own good and spiritual growth to tread this path on unfamiliar territory.

Codependency is an entirely different book, but I trust that you get the drift when I stress how important it is to reject any need for hand-holding, entitlement because of relation, or loyalty because it seems like the right

thing to do, or because you would be loyal if it was asked of you. They're not you, even if they resemble you. Allowing yourself to form and cling to unreasonable or reasonable expectations from others sets you up for failure, disappointment, and unpredictable blows to your self-confidence and self-esteem that can be hard to recover from. You don't need specific people to do certain things the way you think you do. Let God decide.

There are no worst feelings than the woefully hurt ones left stinging in the hopeless heart of a person who thinks they've been betrayed or neglected. It's why we believe that through our actions and faith we are certainly going to attract the help we need as we go along. However, we're not solely dependent on one circumstance to do important tasks, like a sitting duck inviting the catastrophe of resistance and refusal to oblige, to assault our dreams, interests and hopes. Depend on *you* 100% of the time so when someone reliable and into everything you do comes along, which they will, you'll appreciate their efforts, but you will not need them in any critical way and accidentally scare them off. Developing a mindset of "no expectation" is a form of selflessness. Selflessness is an ego-checker that also supports your decision to become self-confident.

Some of this may sound harsh, but experience and spiritual law teaches us that this mindset is one of the best ways to strengthen faith in yourself and the unseen. You can never get enough spiritual practice and preparation in life. Neglect from those you thought would have your back provide great opportunities to do this internal work. You'll have to leave everyone behind anyway, so you might as well practice being good to others, passionately working toward making your dreams come true, and resisting dependency on relationships, especially ones you think you need to accomplish your visions and goals. Relationships should be enjoyed and provide a carefree environment for genuine bonds to form. These kinds of bonds tend to encompass a natural desire to assist you without you having to push, beg,

plead or demand. No worries. You'll be able to recognize when someone's really out to ride for you.



Jewel: *Gangster Self-Confidence is the confidence you'll develop to rise up out of the darkness of insecurity, be your authentic self, and take the chances that will lead you to victory. Accept and trust that when you seek to do great and satisfying things, higher intelligence will take you places where no one else can go. Given this frightening and sometimes difficult process, the universe amps up its intentions to empathize and love you throughout the entire ordeal by sending omens that point you toward everything you need.*

This will include the people, and all else is spontaneously provided to you along the way. These amazing circumstances, sometimes called coincidences, are the true spiritual indicators letting you know you're never alone in life. These miraculous events (omens) draw you closer to the divine. They allow you to forge a relationship of unwavering faith and strong spiritual belief in the powerful intelligence eternally wiser, infinitely larger, and timelessly prepared for anything you can come up with. Divine order is an amazing and incredible force - and may that force be with you always. OB One Kanobe. Ha!

Reflections:

- a) Write down two instances where someone disappointed you and it affected your productivity or quality of life.

- b) What would you do differently if you could redo that situation?

- c) In your opinion, does everyone need an accountability partner, regardless of age, income status, social status, or familial status?

- d) Write down a time when you would have stayed inspired and done much better if someone had been committed to holding you accountable?

LAW 6: KNOW THYSELF: INFINITE POTENTIAL



Confidence Defined, Explained, and Unleashed

SELF-CONFIDENCE IS THE SPIRITUAL FUEL YOU NEED TO OVERCOME THE fears holding you back from getting your hands on the things you want most in life. A self-confident person goes through life with the dominant belief they can do anything or an *"I got this, no matter what you say or think!"* attitude. A person with low or no confidence is ruled by fear, ego, unguided thoughts and pre-occupations with failure, or poor results as the final outcome of their efforts.

This sounds easy, but it's not so simple. Let's break confidence down to bare bones.

General Confidence

General confidence is a state-of-mind. It constitutes your own attitudes about yourself and is linked to your self-esteem. It also includes your

perception of self-image, or how you see yourself. For most of your young life, these areas were shaped and formed by your environment and the people on whom you closely relied. Whoever was in charge at home had the responsibility of helping you understand and determine how to see yourself. Whether they realize it or not, they played a considerable role in what you decided. Depending on how you were raised, your religious beliefs, and the behaviors you learned over the years, it takes willingness, tremendous effort, consistency and persistence to untangle and undo any dysfunctional thought patterns and behaviors draining your confidence and disconnecting you from your natural born potential.

The relationship with the world around you and how you see yourself in it is either bonded or disconnected by these factors. It's reassuring to know there are external circumstances and a few folks to blame for negatively affecting your confidence at one point or another. The difficult part is, once it's understood that dysfunctional people and their limited belief systems negatively affected your confidence, the responsibility to rebuild it on your terms is then transferred back to you. With the right approach, one I'll assume you've already begun, building yourself into who you want to be is interesting and fulfilling work. It's the only way to gain footing and create the life you want and can have.

Self-Confidence

For a while, science and psychology believed self-confidence was hereditary, passed down from our parents or even grandparents. The best reason for such limiting assessments is that initially we adopt some ways and behaviors from our parents and guardians, but we eventually can do our own thing. Usually what we do is much more than the generations before us. To be empowered, we're required to rethink any slow-to-die myths that ask us to believe our destinies are predetermined by the biology, state of

mind, emotional makeup, character, and habits of our parents or other relatives. It's crucial to accept and believe in your ability to change and develop emotional and physical aspects of yourself, and to a large degree. We are born with a unique sense of self, and confidence that is flexible, strong, and subject to willpower early on. For your own safety, when you were a child it's likely that your parents spent a lot of time stopping you from getting hurt in situations you felt overly confident about.

Those are the levels of self-confidence you exhibited at one point in your life, and the part of your spirit you are able to connect to once more. We all branch out from our parents' influences and our social circles expand exponentially. The faculties consisting of our self-confidence, self-esteem, and self-image are influenced even deeper as we get older. Social conditioning, media, and the pressures of social norms or expectations forced on us by our culture and society have great impact on our confidence. Looking to psychology, we are affected by nature but mostly nurture. We adapt and conform to almost any and everything, which in the end you'll discover is a good thing when trying to change any part of yourself for the better. You're super flexible, like a rubber band or an exotic stripper, so developing confidence is going to be a piece of cake if you believe so!

~ Confidence is a skill that can be learned and mastered the same way we learn to be uncertain, self-doubting masters of fear. ~

Specific Confidence

The level of confidence it takes to leave a failing relationship or a miserable job comes from specific confidence. When these goals are

achieved it becomes a part of your general confidence or overall confidence. Specific confidence kicks in when you automatically feel comfortable in a particular area based on your knowledge of previous success. This explains why you would be super-confident in some areas of your life but withdraw, freeze, or express uncertainty in other areas. You prefer to do things you know you can handle from previous experiences. Routine: it is the gift and the curse.

An unhappy individual who learns to feel happy and liberated again after going through a difficult break-up does better if faced with the situation again. Even if next time she stays a little bit past the relationship's expiration date, it'll probably be due to the planning of a clean exit since she's had prior success with ditching a loser. In a scenario similar to this one, your level of specific confidence is high, which suggests that you'd also have a decent level of general confidence.

Understanding that bit of psychology that defines our confidence as two separate parts can help you understand what's going on inside when you're scared as shit to act on something. Knowing the levels to this onion empowers you because you'll accept that, because you find it hard to do some things in your life, it doesn't mean you don't have confidence; you actually have plenty. The goal is to teach you how to unleash it when faced with situations that petrify you, whether it's leaving a jackass or stepping into something new that can transform your life.

You're already steps ahead of most people because there's an assumption that confidence is just confidence, when it's always much more than that. Your multiple layers of confidence and other factors, which we'll get into later, play big roles in building the self-confidence you want so you can feel secure about acting on your own behalf.

The Terrible Twenties

When I was twenty-seven, I thought I had things figured out. I made a few more devastating mistakes in relationships, but by then I'd learned that leaving one wouldn't kill me and I could survive it. So, I started leaving my boo boos every five minutes. It became harder and harder for me to stay put and deal with bullshit. Sheesh! By this age, you've been involved in enough activities and experiences to estimate what you're good at and what you think you're not. You're confident enough to do many things, except maybe leave that dysfunctional relationship or the job you can barely tolerate. Refusing to leave dysfunctional relationships or a job that causes you to feel resentment doesn't mean you're any less capable of learning to do these things, but it highlights the issue of lack in specific confidence.

Like I mentioned earlier, your lack of specific confidence is not all your fault because there are so many hidden working parts that make you - *you*. Law 7 provides the guide to help you dig further into your subconscious mind and pull the cover off that sneaky ex-machina. You can let her know that you know what she's been up to, that you're in charge, and finally make her cooperate with you.

Reflection:

- a) List two things you do well that are governed by your specific confidence.

- b) In what way does your level of confidence match the confidence of the people closest to you?

- c) List two things you do well that leave you feeling emotionally good afterward.

- d) List two things you do well without even thinking about it?
- e) Reflect on how you've developed confidence in those areas.
- f) What were you passionate about doing as a child?
- g) What factors discouraged you from pursuing those dreams?

LAW 7: REPROGRAM YOUR INNER ROBOT



How to Get Your Ass off of Repeat

IMAGINE TAKING YOUR FLASHLIGHT AND TURNING THE SWITCH UP TO high as you overlook all the memories occupying your big ass brain. You'll find procedural memories of the things you do very well even if it's something as basic as walking and running. Once upon a time you couldn't walk or run, but with effort and watching everyone else doing it around you, you kept trying until your efforts caused those motorized skills to record into your procedural memory. Eventually, you were physically able to perform both motor skills with ease. You gradually accepted these skills, developed a unique personality to match your stride, and your confidence in these areas have never been better. You developed specific confidence for walking and running. The reward? Your Universe granted total motorized recall against gravity for the rest of your healthy living days. Yessss.

Whether you should walk or run to the bathroom never occurs to you when you wake up in the morning, because you know you can choose between them both, on demand and when necessary, because you worked for it. There's no fear about performing either motor skill at all. You've also developed implicit memories of learning this entire process, which means

the emotions connected to your "walk and run" procedural memories are good reliable ones that you trust. It wasn't always this easy though. You could have forgotten about the many times you fell and busted your ass, but instead of giving up you pushed through your fears and tried again anyway.

Establishing good emotional memories with each goal you work through to completion is the main influencer behind your confidence for repeating similar goals. You do yourself a huge favor when you stick it out until you achieve those satisfying emotions implicit memories store up in your brain for future inspiration to act on your behalf.

You've done so well with walking and running that your implicit memory relays a lightning fast "okay" message to your procedural memory. This allows you to walk or run with confidence and little conscious effort any time you decide. There's no need to beat back voices trying to interrupt you with reasons why you shouldn't or can't walk and run. Your brain communicates warning messages to stop or delay you if it believes danger would result from action. It might also work to hold you back if it can't understand or calculate the results of your next step.

Imagine struggling to make that cold phone call to ask a lender if you're eligible for a mortgage or a car loan, but before anyone answers, you hang up because you assume you'll be turned down with those low FICO scores. Your brain reacts this way because it has no positive memory to help it decide if taking the next step will benefit you. It may be relying on a memory or information from outside your personal experience that could be false or limiting. In turn, it demands avoidance to prevent risk or injury to your body, ego, feelings or emotions. When your brain is acting irrationally, it needs your conscious help and awareness to reduce or stop the fear-filled messages from distributing through your psyche. It needs you to elevate to an "awake" state-of-mind so you can take the action you need to take, even when you have no clue what the outcome will be.

Your brain is working in this way 24/7, under any circumstance, with or without your permission when you're not actively paying attention to it, like at the job interview. It has a job to do, and if it's doing something counterproductive, you must tweak it and reprogram it. Your brain is literally doing millions of things constantly and most are habitual and programmed. Use these examples by placing your specific problem in its place.

If you felt you were skilled at race-car driving or interior design you wouldn't think twice about initiating a complete makeover of a celebrity's home or driving two hours at 200 mph on a NASCAR racetrack to free your mind. The area of your brain that allows you to perform at these levels also communicates with other parts of your brain to effectively merge your personality and emotions to fit these enthusiastic talents. The triple effect is that this is done while governing your physical actions on the tasks at hand. For the persons in these examples, mind, body, and spirit become a perfect trinity while decorating or race-car driving. This trinity is possible due to the special ability the brain has to respond to willpower, practice, desire, and intelligent divine design. In both cases, specific confidence is way up on the confidence meter. A person who has developed this level of confidence won't be hesitant or ask himself whether or not he can do the task at hand because he knows he can decorate, drive, walk, and run from past experiences.



Jewel: *The reason your confidence is so low in the areas you keep avoiding is because you have no successful memories attached to performing whatever it is that you want to do. Because of this, your brain along with the complicated feelings it thrusts into your body, keeps getting*

in the way. But all is not lost. The important thing to note here is that just because your brain has no successful memories to refer to, it doesn't mean it must have them to begin creating them. You will help it by remembering the walk and run skills and any other skills you're good at.

Pulling memories from other areas of personal accomplishments helps to raise your general confidence and remind you that when given a chance, you can learn to navigate new experiences without bringing harm to yourself. Your brain adapts to whatever you're focusing on and eventually masters it. If at first you don't succeed, try and try again couldn't be a more fitting cheer. Nothing is bigger or more complicated than you in this life, believe that. You are number one under divine order and can safely stumble through anything and own it.

You must create memories for the things you want to accomplish, ASAP.

A person with shaky confidence and no clear memory of success in a particular area will most likely avoid that area, which is the worst thing to do. Someone with big confidence might also feel hesitation in specific areas where there's no experience. It's like dropping the Queen of England off in South Central L.A. and telling her to go find the train, the plane, or an automobile to get back to Buckingham Palace. She'd be paralyzed and overcome with serious doubt about whether she could navigate safely through the west side alone. But then again, Queen Elizabeth II is badass and will likely win the people over and make it out safely.

People also avoid situations based on the level of difficulty they think is involved in accomplishing them. Sometimes the level of difficulty is real and at other times it's only a matter of perception. There were times in your life where the circumstances felt overwhelming but you pushed through.

That's the reason you deserve way more self-credit than you give yourself. The last thing you are is a bitchass. You've had to go through some things you never imagined possible and you made it through. Pat yourself on the back, now. We've all wanted to avoid things in life but we do those things anyway and we get through it every time. If you were Queen Elizabeth, what would you do? Stand there hoping for royal assistance or would you push yourself to find some transportation?

One of the first things you can do to help yourself take on a big challenge is to cheer yourself on. Seems a little corny, but it actually works. It's the same as when you stand in front of the flat screen yelling for your favorite athlete to make the shot, because you know he can hear you from your sofa as he finds the courage and precision to drop that three-pointer from mid-court seconds after you cheered him on. He had to hear you shout his name. How else did he push through that moment? His confidence shot through the roof and he took the shot because he knows the only shots we ever miss are the ones we never take.

Saying things like, "You got this!!" "Come on baby you're almost there." "If you get through this, the next door leads to victory," or whatever your favorite cheer is. You can say it inside of your head or out loud. If that doesn't do the trick, the next step is to hold your vision up to your third eye. Use your mental skills to reflect on the vision you have for yourself. Imagine how much closer you'll be after completing the task in front of you.

~ There's no mover and shaker more powerful than a strong vision. ~

When you've taken the time to hash out your plans, like we discussed in Law 3, you're more likely to have every reason to push yourself through areas that test your confidence. You must want it. Being wishy washy and half-ass about what you want can stop your confidence from unleashing into your flow. A vision is a *clear eye mental view* of where you want to be. The importance of having a vision is a common thread running through the mindsets of our most successful creators and visionaries. One of my favorite expressions of this important step for achieving goals is strongly hinted at in a Meek Mill's track. He raps, "*if you want it, you gotta see it with a clear-eyed view.*" Holding your vision in your mind can move you along when an obstacle is blocking you. This act can flood your spirit with the courage required to keep going no matter what happens. See there? Yet another universal phenomenon disguised as mere biology.

Share the fear you're having about the situation in front of you with someone else. If you feel that no one in your immediate circle is equipped to handle your fears, strangers who have no attachments to you can be great motivators. There's something about a stranger, when an opportunity to be kind or do something worthwhile for a person in need presents itself, they usually jump right on it.

Years ago, I broke down emotionally while riding a NYC subway train. I landed on the wrong end of one of life's devastating blows. My grandmother passed away and I didn't think I could handle life without her. I was a young mother who lost my own mother at six years old. I was suddenly responsible for finding my own living arrangement and direction in life. I remember the woman who found her way over to the seat beside me. We exited the train together and engaged in a brief conversation that lifted my spirits. A few weeks later I found my first apartment and my life began to transform.

This woman who I didn't know showed up out of nowhere and took time out of her day to remind me of the strength I had to survive in my

grandmother's absence. She urged me to reflect on my experiences, where I'd find my grandmother had long prepared me for life on my own. Her words were so encouraging they felt like my grandmother sent her personally to soothe me and send me on my way. That situation was an omen, which is a clear sign that even at my lowest point, with no confidence, the universe was pulling circumstances toward me for my good. These omens work in mysterious, yet obvious ways when you put your guards down and receive them. When your confidence is low, omens designed for you will find you and lead you. Expect them to; it's God's unique way of communicating directly to you when you need it most.



Jewel: *Many fail to emotionally connect with their dreams, goals, and visions. They treat them as fleeting thoughts. This neglectfulness comes back to haunt us during tough moments. Establishing an emotional connection to your end goal will drive you and assist you with achieving the smaller goals along the way.*

Passion for where you're trying to go is the fuel that can fill your tank when your mind and confidence go blank. Your heart can lead the way, so be sure you allow yourself to feel good about where you're going no matter where you are at the moment.

Reflection:

- a) What part of your memory records and plays back the things you do well with no effort on your part?
- b) What must you do to raise your level of specific confidence?

- c) When you feel low on confidence, it's likely because you must create _____ .
attached to positive _____ .
- d) Your emotions are recorded in _____ memory.
- e) During moments of emotional fear your subconscious mind needs your _____ mind to become aware.
- f) The reason your confidence is so low in some areas is because you have no successful _____ attached to doing the thing you want to do.
- g) You want to connect to your vision in three ways to forge a connection. Name them.

LAW 8: MASTER THE SKILLS OF MENTAL REDIRECTION AND SELF-AWARENESS



Stop Focusing on Shit that Does Not Matter. Your Mental Resources Are Limited.

TRAIN YOUR MIND TO STOP ENTERTAINING DARK, NEGATIVE, AND mostly unrealistic predictions about your fate and future by enforcing mental redirection. This exercise can help you gain more control over negative thoughts and crazy ass imaginative fantasies. The origin of some of our worst fantasies and fears, which we like to think of as present reality, is our mental attachment to past experiences. Many clients join my group sessions with preconceived thoughts about a situation before it happens based on an old experience. Some of us predict the worst will happen based off information we've only heard about involving the experience of another person. We'll even hate or avoid entire groups of people we've never met using the same rigid thought habits, which limit opportunities to shape and refresh our experiences.

Teens are notorious for shutting out entire groups of people who appear less popular or relevant to reinforce and maintain bonds with their chosen cliques'. Though discouraged, this behavior is understood mainly because

of the emotional and psychological vulnerability teenagers face. It's a time when most are trying to fit in, while simultaneously seeking the fleeting autonomy promised by young adulthood. However, an adult leading life with a limited mindset habitually taking its commands from past experiences, rumors, hearsay, or fear, without an ability to re-direct those thoughts can find themselves dealing with the effects of low to zero progress.

Imagine visiting a neighborhood and having a tire stolen from your car on Monday. The likelihood of this happening again the following day is slim to none. You can accept this as reality *or* become fearful of that neighborhood, even though the last thirty times you parked in that neighborhood nothing out of the ordinary happened. What's happening is the brain resorts back to the old negative memory or information it has stored about the tire being stolen in that neighborhood. The fact is, your brain is making a prediction based on outdated information and will continue doing so until you interrupt that pattern with a different belief. Fear is fathering these negative thought and beliefs because the focus is on not wanting to find yourself in a position where you must buy a new tire again. Mentally, this experience is being taken out of context.

One of two things must happen.

1. Never visit the neighborhood again. (which is extreme and unnecessary).
2. Accept that occasionally things happen in life that are out of your control but they do not affect the rest of your days. Every moment is new.

At any time, you have the willpower to redirect your mind through feelings influenced by positive assumptions and inspiration, instead of fear, doubt, and skepticism. Being self-aware by proactively listening to the things you tell yourself during moments when you feel less confident, is a mental exercise that can be applied for changing your mindset. Practicing these steps releases your higher level of consciousness, from where you'll also be able to witness how hard you're being on yourself. You might even realize you're saying things to yourself that you would never say to another person.

Self-awareness is the state-of-mind that allows for all the tweaking you want to do. Having those in the moment discussions with yourself where you can clearly think things through creates a domino effect of natural awareness. Eventually, your mind adjusts to the style of thinking you want to adapt. It's not always easy to change thinking styles, but knowing your efforts to redirect your thoughts will improve the way you feel about yourself and the way you see challenges, is certainly a good reason to begin practicing. The more you practice awareness of your negative thoughts the more natural it becomes for you to hear them long before they can affect your decisions and actions. You shut them down by confronting the belief behind the thought and replacing the belief with a new empowering one. Redirect your attention to the moment or to inspiring thoughts and experience shifts in your feelings as they change to higher frequencies. Practicing mental redirection is healthily addictive. It transforms thought habits and patterns, and with consistent practice, you'll be thinking positively without having to put in as much effort.

The mental skills of awareness and redirection are used in part to shape and eventually change your reality. There are many debates over consciousness and how it applies its energy through our thoughts, intentions, and feelings to reflect a matching hologram in reality. However,

experience teaches us that our principle thought habits become self-fulfilling prophecies. Imagine leaving home expecting a bad day because of an experience that made you feel awful before you left. When we allow ourselves to stay in the mindset of that negative experience, we often invite a chain reaction of unwanted and unrelated experiences to enter our energy field, affecting us for hours or days.

You might lose your wallet, spill your coffee in the car seat, rip your jacket in the door jam, realize you left your ID at home right when you reach for it, or worse as the day evolves. Sometimes we catch ourselves and become aware of how the day is spiraling out of control and we consciously make it better. This decision can be the difference between *letting* life happen to you and *making* life happen because of the direction of your thoughts.

~ Your thoughts, feelings, emotions, and intentions play back like a film projector, projecting the circumstances of your life experience. ~

It's common to think "whoa, what the hell is going on," and redirect your focus and energy into a positive frequency. Almost instantly, the events of the day change and reflect favorably on the positive thinker, even if you must fake it until you make it. Suddenly, smiles are more noticeable, a stranger holding the door for you has meaning, and someone may even do some random nice thing like purchase your coffee at the Starbucks counter. I've had that exact coffee experience happen during a great morning. There is tremendous power in directing and applying your thoughts and it's

reasonable to accept the amount of control you have over your reality even in the face of fear.

When you develop the skills of adjusting your mental focus to line up with the things you want at the moment, your brain produces a chemical reaction to support the way you feel and act. This process helps authenticate your intentions in the spiritual field, which causes the things outside of you to respond in kind. You smile, life smiles, you come closer, life opens the door, you give, life gives in return, and so on. There's a clear pattern, and more science, physics, metaphysics, and spiritual scholars are coming together to understand and agree that we can mentally shape, shift and direct our thoughts to overcome fears and unleash confidence to get through each intimidating sequence of our plans.



Jewel: *You are what you think you are and your reality will probably reflect the thoughts you entertain most. If you practice believing you've already achieved your goal as you move toward it, you'll be right eventually. The same concept is true if you allow yourself to think in opposition. The Universal effect of our thoughts knows no bias, which is why proper direction of*

thoughts is so important.

Reflection:

- a) If you heard negative self-talk invading your mind's space, what could you do to settle it down?

- b) If you were having an awful day, how could you change your reality?

c) What could you do or say to yourself to make it through a tough challenge during the process toward completing a goal?

LAW 9: BE YOUR OWN LIGHT



Navigating the Black Hole of Self-Doubt

SO MANY OF US APPEAR TO HAVE IT ALL TOGETHER FROM THE OUTSIDE looking in. We're not always able to detect when a person is struggling with being who they really want to be. The spiritual masking we put on is a skill set we learned when we could barely protect ourselves from people who chose not to show us any empathy when we made normal mistakes. This defense mechanism carries us through our adult lives and helps us hide behind our tendency to pretend to be okay with the way things are at the moment, just like when we were children.

The nagging feelings of anxiety, procrastination, and self-doubt that dredge up inside of us when we are faced with an obstacle, challenge or adversity, is the three-part recipe that triggers an avalanche of failure. In this mindset, the more you fail the more you justify the self-fulfilling prophecy to doubt yourself and fail again. It's a vicious cycle that typically begins when we're standing on the wrong end of a narcissistic, unrelenting critical parent or spouse. For many of us, as children, our parents had a habit of pointing out our mistakes, either by yelling, punishing, or shaming us for perceived failures. Instead of supporting and encouraging a child to keep

trying, many parents act and speak out of frustration and raw emotion, which sends a message early on that we're simply not good enough to get things done. Any time the child tries to make a plea or an explanation on his own behalf, his efforts are cut off with destructive remarks, insults, or short patience, which leaves a child feeling inadequate or emotionally dwarfed.

Growing up in the care of people who regularly dismiss your viewpoint, needs, and feelings through forms of aggressive emotional bullying creates the mental framework plaguing the mind and spirit with feelings of self-doubt. Early on we're taught our feelings don't matter and we internalize our failures, disappointments, and feelings of helplessness into our emotional memory as if our failures are abnormal. The disparaging verbal messages and physical cues of our parents burn tracks into our subconscious minds and can sometimes stop us from acting with certainty and confidence in our adult years.



Jewel: *Negative childhood experiences cause us to develop high impact internal instigators and emotional perpetrators that work in the background of our minds, keeping us doubting our own abilities. They should be addressed and weeded out immediately.*

The ill treatment and disregard of your feelings when you could not stand up for yourself cause you to resist situations where you think you might fail or experience disappointment. This mistreatment can cause you to feel safer living in your head and making pretend happy faces to avoid discussions and situations that can make you feel even more vulnerable.

The important thing to know is each time you experience the black hole of self-doubt it's because your brain is trying to protect you from all the pain and helplessness it remembers feeling during past experiences. Here, the brain's line of thinking is based on outdated memories and experiences. It works hard to protect you from going into situations where you could be rejected or disappointed again. It doesn't realize how much you've grown and that you now have the resources to act and respond differently. It doesn't see failures and disappointments as normal events because in earlier years there were unreasonable penalties for mistakes and errors. You must retrain your mind to accept new information about failure and bring it into the moment.

The actions required to support attempts at redirecting your mind, is for you to do things despite feelings of fear and uncertainty. You must see failures as normal events that take place in the process of actively pursuing and obtaining any of life's goals. The patience and understanding you didn't receive from those you trusted and loved must now be extended to you from you. Challenging and dismantling the belief systems that shaped your mind into believing you must do everything right or face harsh criticism and rejection are choices that can open the love channel for self-healing and acceptance. Reminding yourself that you always have access to positive emotions when there's a potential for mistakes will train your brain to stop sending negative emotions of misery, doubt, and self-disgust down to you when you're trying to learn something new. Eventually, you will record and memorize new emotional responses that will help you stay moving forward on your path.

Learning Fear Early

A few months before my sixth birthday, I lost my mother in a tragedy brought on by domestic violence. My siblings and I were taken to live with

my father's mother. In addition to the overwhelming stress of losing our mother so early during childhood, we were subjected to the additional stress of my grandmother's abusive personality. When I think back on it now, it's clear that she was overwhelmed by the sudden change in family dynamics. My grandmother assumed she was past the daily duties of motherhood since she'd already raised her two children. Like any mother, I'm sure she looked forward to a new start, one where she could more fully enjoy personal and emotional freedoms. Instead of transitioning into the empty nest stage, she became responsible for us.

The tasks ahead must have caused her to feel disappointed, overwhelmed and helpless since we were all so young. My sister was almost three years old and my brother was still in diapers. My grandfather ran a printing shop during the weekdays. He spent most of his time out of the house consumed with his work, which left my grandmother caring for us without the hands-on support she needed. My father was young in age and mind and didn't apply himself to the colossal responsibility of being a father of three. This left all the weight on my grandmother, while my grandfather picked up the financial obligations for adding us to their household.

None of these circumstances are excuses for the way she talked to us over the years, but learning to understand how she must have felt allowed me to develop empathy for her when I became a woman. Forgiving her for the way she treated me played a significant role in helping me understand my own negative emotions. Doing this mental, emotional, and psychological inner work allowed me to heal myself from embarrassing and dark feelings and ultimately move on to create a better life for myself. Admittedly, completing that inner-work put me in a position to write a book like this for someone like you.

My grandmother had a notorious habit of shutting us down anytime we tried to complain about something, reason with her, explain away our bad

behavior, or express our childish, but valid concerns. The culture in our home was "children are seen and not heard." This philosophy was frustrating because children must be heard *and* seen, even when it makes no sense to adults. Her strict archaic parenting was mentally and emotionally crippling and it wasn't long before my sister and I were afraid to live under her rule. An event as natural as the onset of my menstrual cycle was an issue I found difficult to discuss. I would endure painful abdominal cramps and suffer through them silently just to avoid anything she might say that might cause me to feel worse.

While going through the turbulent stages of puberty, I developed crushes on boys and would have powerful feelings I didn't understand. These normal biological shifts were happening inside my body and mind while I felt there was no way to safely ask questions and learn more about my experiences. I was made to feel abnormal and dirty by the person elected to be my guardian and caretaker. It seemed everything was taboo, forbidden, or difficult to discuss in my home. The effects of these childhood experiences and the messages they sent followed me and wreaked havoc in my adult life.

My grandmother was short on showing compassion and rarely allowed me to speak up on my behalf. Any time I found myself in trouble, whether on the playground or at school, she used those moments to remind me of how poor my behavior was. Even though she wasn't there to witness my infractions, she made it known that no explanations were wanted or allowed. If I tried to explain the circumstances leading to the trouble I got myself into or advocate for myself, I was put in *a child's place* immediately. My grandfather rarely intervened in any meaningful way so we absorbed and internalized the effects of her verbal and emotional aggression for years.

I learned early on that my feelings weren't valid and the only way to get positive attention from my grandmother was by trying to be perfect, which

was an impossible task. This would leave me emotionally paralyzed when it came to asserting myself. There came a point where I had to unlearn and undo the effects of the psychological trauma imposed on me by an overbearing and overprotective guardian. I did more and said more of what I felt and allowed myself to make as many mistakes as I needed to, in order to learn more about myself and my potential. I retrained my brain to believe there is tremendous power in my mistakes and errors, and without them I would never be in a position to be great at anything.

Reflection:

- a) According to this Law, what feelings represent the three-part recipe that can trigger a self-fulfilling prophecy of failure?

- b) In what ways have you hidden your true self or talents from the world because others discouraged you or dimmed your light early in life?

- c) When would you be required to redirect the focus or messages being delivered by your mind?

LAW 10: DON'T BE NO DUMMY



Identify Social Destroyers of Self-Confidence and Self-Image

“DON’T BE NO DUMMY,” WAS A TERM MY GRANDMOTHER USED OFTEN AS a way to interrupt my naïveté. It was her way of urging me of my duty to become aware of the insidious traps brought on by external influences. Major culprits aiding in the destruction of self-confidence are happening outside of you, in your environment. While these influences are mostly out of your control you're still required to identify them so you can protect your psyche (mind and spirit) from hostile takeovers. People rarely stop to think about how they see themselves from their own perspective versus how they feel others see them, and whether these perspectives are stirring up inner conflict.

This is an important first step for building true self-confidence. Most people want to be accepted and seen as someone who is respectable, lovable, worthy and important, even if achieving this forces them to adapt to roles that conflict with who they want to be and what they desire from life. They accomplish this by doing their best to become someone socially acceptable so they can receive the normal accolades, admiration, and support offered through social inclusion. Over time, we become more

concerned with what other people think about us over how we genuinely feel about ourselves. This always catches up with us. It's where a major disconnect happens and self-confidence is drastically reduced.

Social norms are unwritten rules about how each person should act, be, and behave throughout life. Sometimes the social norm governing your life has one idea about who you should be and your heart is saying something else. We allow society and family to dictate our personal growth and choice to be whoever we want to be. This causes us to lose confidence in our ability to do something unique and special. We conform because we don't want to be ostracized or go without support for trying to do our own thing. We become blinded by the heavy influence of the majority and shut ourselves off from opportunities that require a push beyond our inner fears.

~ FEARS: Obsessive thoughts about worst-case scenarios and situations that have might not even happen. ~

Fantasy problems we create in our minds separate us from tapping into unlimited potential and block us from getting to new experiences. This lack of involvement in new experiences further damages our perception of self and weakens self-confidence.

~ Our desires are there for a reason and can be taken full circle when we push ourselves up from the comforts of our sofas, the delusions of our minds, and the strongholds of the people we want to please. ~

Sometimes, the expectations of others directly conflict with what inner-spirit is inspiring us to do. There has to be a balance between what others feel you should be doing and what you feel you'd do best. At the end of each day, it's your life and you should serve in it by doing the things you feel connected to and inspired by.

There are all kinds of barriers out there and some have been created with good intentions, yet most harm the person they are designed to protect. For every society, culture and social type there are rules, expectations, and suggestions sending negative messages into our minds' decision-making process. This makes it to entertain thoughts of doing something that doesn't line up with what's being demanded of us. Many expectations we impose on one another are unreasonable and outdated, but it is still difficult to erase from the subconscious minds of people oppressed and immobilized by them. Below is a list of social norms that affect or influence how an individual feels about oneself in relation to the world.

- Generally, a woman is better at raising children, assisting her husband or partner, and keeping the household kept and in order. Leading a feminine lifestyle outside of these parameters is aggressive, wildly independent, risky, and unnatural. She is a diva.
- People over a certain weight shouldn't wear tight clothes or spandex because it's offensive and inappropriate to others.
- Less educated people shouldn't apply for positions for which they are not qualified.
- For a woman, being too aggressive, confident, or pushy is a turn off.

- Be married by age 30 because women become less desirable and less likely to be proposed to as they age.
- Be successful in your career and doing well in life by age 40.
- A man who can't take care of a woman is unfit to live in society.
- You're too old to be doing those things now.
- Act age appropriate in every situation.
- Work on your relationship because it's too difficult to meet new people.
- You're not smart enough to do that so don't even think about it.
- You're not the right color for that kind of work so move on.
- You're Asian, so you should be very good at math.
- You're white, so you're born wealthy and privileged.
- You're black so your athletic abilities are top notch.
- A black person without rhythm is unheard of.
- Indians are best at coding computer programs.
- You're too hip-heavy to be a crossover model.
- There are very few worthy roles in the movie business for people of color.
- All men cheat so you're doing great if he takes care of you first.

And so on. It's a never-ending list of limiting beliefs.

I'm sure you have a few of your own disabling beliefs that someone has shared with you. It always amazes me to hear how far people will go to impose their limited beliefs on another person. Most people have a hard enough time learning to get out of their own way. The last thing they need

is a doubtful naysayer conjuring up a list of reasons they can't do the things they want to do. It's important to train your mind to resort to this thought style anytime someone shows you they don't have what it takes to support your ideas or the way you express yourself.

"The main reason people will impose limiting beliefs on you is because deep inside they don't believe it's possible for them. Either because they have limited access to the experiences you're interested in or they have insecurities within themselves."

People reflect on the outside exactly how they feel inside and many are limited by their own experiences. They choose to be incapable of stretching their minds to believe in the things you see for yourself. The important thing to remember when faced with resistance is that just because someone can't see you doing a certain thing doesn't mean you should believe them or be swayed by their limits. An optimistic person full of confident energy understands the value in supporting other people no matter what they want to do. They think beyond time, space, and matter to nurture your ideas and goals.

Work hard not to be anyone's fool, blinded by the limitations of others. Use your own mind and accept that you can't know everything so most things are worth trying out for yourself. Your decisions should reflect a wide range of experience since you have access to so much information. Allow it all to help you shape your confidence in a way that moves you forward, not keep you stuck. Make efforts to weigh both sides of every

argument. This habit will keep you in charge of your life and help you grow.

Reflections:

- a) List two to three social norms that guided any of your important decisions during your life.

- b) Name ways you've conformed that haven't provided the happiness you feel you deserve.

LAW 11: DISENGAGE FROM CONFIDENCE DRAINING RELATIONSHITS



AT TWENTY-TWO YEARS OLD, I APPROACHED THE END OF THE WORST relationship I've ever had. At that age, I thought my love was real and pure, but it was mostly reckless and unproductive. I didn't understand how bad it was until I was strong enough to exit completely. I eventually learned how much that relationship ate away the faculties of my self-confidence, self-esteem, and self-image over the years. The guy was a few years older than me, so I automatically assumed he knew more than me. I took his words as gold. From a young age, I enjoyed writing and loved to do it with a passion. He knew this about me and would usually ask me to write for him when the results had to be presented to professionals. I was happy to do it because he was my boyfriend. I wanted him to have what he needed, although I soon discovered he didn't have the same supportive nature for me.

One day I shared with him I wanted to write a short film and dance in it like a celebrity popular at the time. I was enthusiastic and confident about accomplishing this extraordinary feat. I don't think I'll ever forget the look on his face when he looked up at me from the sofa and said while laughing, "Really, you gotta be kidding me. You can try to be anyone else but you will never be that talented. Since when are you a dancer? Forget that while

you're ahead." His words were like a hard blow to my stomach and the air was sucked out of me for the rest of that relationship. I'm grateful for my tendency to connect with a higher power and ask for spiritual support and guidance when I feel humiliated or misunderstood. I learned that day and many other days how the people you love most can sometimes be the ones who hurt you the deepest and hold back the support you need for your confidence to thrive.

It took five years, but I eventually realized it was more about his inadequacies than my lack of rhythm or dance talent. From that moment forward I decided never to leave decisions about my worth, abilities, talent, or confidence about myself up to anyone else no matter how much I loved them. I relied on me and worked toward changing my inner-circle to include people who were caring and loving. I understood how important it is to forge relationships with people who do great things but are equally great at supporting others. I stopped sharing my dreams with haters. I made it a point to know who they were and I understood that even a hater has power, even if it's mainly to discourage. Almost immediately, I spent quality time with like-minded talented people in the same business with similar dreams, interests, and goals. My life began to shift.

Have you ever stayed in a relationship way past the expiration date? Misery loves company, and it's why so many relationships transition into dysfunction as a way of life. Couples adapt to not enjoying the union and quit going after the love they want and know they deserve. People also decide not to do anything about their relationship troubles because they know other couples going through similar challenges who also stay committed to partners they can't stand. This is the cultural, environmental and societal influence working against their best interest in the background.

Not leaving a failing relationship is a symptom of a deep-rooted fear of being alone or some other fear associated with the outcome of leaving a jerkass behind. Some of us let our fears run wild and cause us to think we're

too old to leave. We let fear lead us into vivid fantasies where we see ourselves turning grey, thin, old and fragile, still single 102 years later while rocking a squeaky, antique wooden chair, gazing into the night from a filthy second-floor window. What's not considered in a fear-filled mind is that, realistically, it's rare that any couple will be together forever on earth.

You can spend decades in a loving relationship with your soul mate, but eventually one or the other will pass and the partner will be alone. Think grandparents. Normally, couples simply don't pass away simultaneously, except in the film *The Notebook*. Apologies for the spoiler, but by now you should have watched this film. Spending time alone is a part of human life and at some point we've all had to adjust to it. Single is how we're born and it's most likely how we'll exit. No matter how hard we try, we might also be the first to leave someone else behind. The focus should be on securing true happiness, quality of life, self-confidence, and self-worth because you're a unique and special individual; all else is extra. Your self-confidence must be connected to you and not the things you do or the people you're in relationships with, or else it goes when they go.

If you feel stuck in relationships that are unsupportive, it's important to offset them with friends who show love and support until you can pull yourself away from the negativity completely. Allowing a negative, mean-spirited, unsupportive person too much access to your life can cripple you emotionally and spiritually. Energy is transferable and needs to be handled like tangible physical assets. Just because you can't see the bad energy doesn't mean it isn't hurting you. We are made up of mostly energy and sometimes forget this on our physical journey. As you wouldn't put your hand on the heating unit until it burns the skin off, the same reflex toward safety should take over when anyone exerts undesirable energy onto you spiritually.

Bad energy can make you physically, emotionally, and spiritually sick over time. So, stay alert when someone is being this way toward you and

plan a permanent exit. "See ya, wouldn't wanna be ya!"

Reflection:

- a) How would you describe your ideal relationship?
- b) What kind of things could you do to maintain happiness and satisfaction alone?

LAW 12: BECOME A KEEN OBSERVER OF SELF



Actively report back your own thoughts and behaviors

THERE ARE MANY PARTS OF YOU THAT ARE STEADY, COMPLICATED AND programmed. Still, they are flexible enough to be redirected and transformed when interrupted with a better understanding of who you are and the laws governing the universe. Add to those things, self-determination and consistency, and eventually you will be rewarded with a new you. Let's go over the internal mechanisms, emotions, feelings, and behaviors responsible for the tendency to act out of fear, or not at all, due to lack of confidence.

Self-awareness helps begin the process to overcome what you must - and initiates the inner workings that come together to drive you to do the things you're afraid to do.

A difficult habit to develop is complete mental separation from the lower self. When we mentally step out and observe our personal behaviors in an objective and non-judgmental way, we're in a state of self-awareness. From this elevated state of consciousness, you can initiate the willpower to change anything you want about yourself to achieve your goals and main objectives. Self-awareness is the soil from where your internal tree can

grow as strong and as tall as the oldest oak tree, once the weeds are removed. When you become aware of your feelings and how you respond in different situations while connected to those feelings, you gain a better understanding of the person you're being during the moments that matter so much.

The responses and decisions you make while feeling fearful, insecure, unsure, doubtful, and low on confidence are automatic. They're not automatic because you can't control them, but because at some point in life you chose those responses and continued choosing them because they felt safe. Eventually, they became second nature when faced with unfamiliar challenges you feel unequipped to handle. You are genetically coded to always try to protect yourself and to feel comfortable because, initially, these traits were important for survival.

The natural process of self-preservation becomes distorted when we allow it to play out repeatedly and cause us to resist the unknown for no substantial reason and when there is no real threat to life. Self-awareness will help you simplify the external stimuli or situations going on around you so you can envision yourself with the power and knowledge you need to get through them no matter what challenges are ahead of you. You can investigate and identify the circumstances that cause you to feel discomfort, that prevent self-expression, reinforce the habit of procrastination, and pull at your confidence.

Fear and investigation can't occupy the same mental space because investigation pulls from your courage and curiosity, which is on the other side of doubt and fear. You have courage even if you don't realize you've been using it every day. It took courage to purchase this book with the intention to help yourself grow and become better at creating the life you want. There's an inherent part of your being that's always working on your behalf even when you're pulling in the opposite direction out of fear of the unknown. That power led you here because it knows so much more than

you allow yourself to take from it. It insists on leading you to the courageous part of yourself responsible for getting you to the next chapter in your life.

It's the part of yourself that's yelling in the background, urging you to tap into its bigger, deeper, wiser, stronger and capable source that's ready to unleash the confidence, inspiration, knowledge, self-assurance, and self-efficacy you need to resolve every obstacle or illusion blocking your path. It's vying for you to recognize and fully connect to its infinite resources. It's the spirit fear works hard to muffle, but it never gives up on you. It's always willing to learn new ways to improve your life, get your attention, and work through this process of uncovering and unleashing your self-confidence. It knows your potential and strives to remove the chronic spiritual connection with fear so it can reinforce the bond with your higher self.

The bond you were born with when you landed in the stranger's hands. Your willpower wants to destroy the old you and redirect the pure you toward more satisfying experiences. Experiences that are in line with your innermost desires and passions.

~ If you can't change it don't dwell on it, your focus should be directed toward the things you '*can*' do. ~

In almost every situation fear sets in when we focus too hard on the parts of the challenge we feel ill equipped to handle. Let's imagine a freeway on an early Saturday afternoon. The experienced drivers pack onto the roads as they head to the malls with their families. The tractor-trailer drivers head in both the east and west directions, dropping food and supplies to various

destinations in the neighborhood. You're a new driver and all you can focus on is the many experienced drivers whizzing by on the road. It never occurs to you that you also can drive, even if only as a novice, and by joining the others, one day you will become just as experienced a driver.

In my case, I had been reduced to a terrified driver recovering from injuries induced by a near fatal car accident back in 1995. My small red Nissan Sentra was struck through the driver's side door by a tractor-trailer one sunny afternoon in April. A year later, just the thought of getting behind the wheel during high-peak hours caused nervousness, panic attacks, mental resistance, and low confidence to flood my spirit. It was impossible to put myself behind the wheel. My feelings at the time were similar to those of a new driver who usually avoids Manhattan traffic during peak hours. I didn't know it at the time, but I would rebuild my confidence and restore belief in myself by driving during those crazy hours.

The accident caused me to forget, that before it happened, I was a good driver. My mind kept replaying the details of that day. The fear of being injured again clouded my judgment of my own abilities. I suffered high degree burns, tendon rips below my flesh, twenty-inch long tears around the bicep curving to the back of my left upper arm, and deep gashes in my lower arm. The flesh was gouged out so deeply that it flapped open to reveal bones and muscles before I passed out on the street that day. Hundreds of thick black stitches, large silver staples, bandages, skin grafts and six subsequent reconstructive surgeries later, I could barely push myself to drive to work, and I needed to go back.

As a real estate, film and television professional, driving is synonymous with making a living. There were many more perks I was accustomed to that were the privileges of being a driver. I gave them all up. Soon after I was inflicted with feelings of inadequacy, insecurity, and depression. In the back of my mind, I became preoccupied with something that was out of my control, the past. I kept engaging in excessive thoughts about how I could

have prevented the accident. Over a year passed and I couldn't figure this out so my fear of driving worsened. It didn't matter that the driver responsible for the accident was found guilty of running a red light. My mind insisted on erasing the accident by going back to the day it happened repeatedly. I thought, I should have taken a different route. It was illogical.

My fears continued to grow and transferred over into parts of my life where they had no place. I had panic attacks more often, and I was no longer driving. Eventually, family members who love me very much forced me back out on the road. They tricked me and put me in a crazy situation where I had no choice but to drive back home on the highway. That experience was the beginning of my healing and I saw myself as a driver again. That first day was awful, but in time I was back to my old self, swerving, beeping, and blasting the radio! Just kidding, but I jumped behind the wheel again and restored my driving mojo. I realized I could do nothing about the past, that day or the scars. I learned to be a defensive driver and stay on the lookout for people breaking rules. Shit happens. I like to think I'm an even better driver because of that accident. I had to turn my focus to what I could control and that was rebuilding my confidence for driving myself wherever I wanted to be.

**~ Faith sparks the Courage that inspires us to reach true
Confidence. ~**

Fear spreads when you delay opportunities to face it. It's a strong dragon and must be kept in check through action. Not facing it gives it room to rapidly fester more low-frequency emotions that support its narrow view.

It's easy for us to develop the habit of not feeling good enough from the circumstances we go through. Each new poor or threatening experience reinforces our fears and supports our distorted perceptions about where we stand in the aftermath. Subconsciously we adapt to beliefs that our fears must be true. The things we resist persist, but when we take action in the direction that frightens us and tackle the experiences despite our feelings of uncertainty, fear releases its hold on us and dissolves.

Reflection:

- a) _____ - _____ is a higher state of mind that helps begin the process to overcome fears.

- b) The responses and decisions you make while feeling fearful, insecure, unsure, doubtful, and low on confidence are _____ responses.

- c) If you're faced with a situation you can't change, where should you put your focus?

- d) What is the spiritual practice that can spark courage and help build true confidence? (one word)

- e) What are you uncomfortable with that is necessary for completing your most important goal?

- f) What preparation can you make to overcome that obstacle?

LAW 13: GUARD YOUR ENERGY FROM JACKASSES



IN A PERFECT WORLD, YOU WOULDN'T NEED TO BE OVERLY CONCERNED about your energy or the energy coming in from the people around you. The normal energetic output from your neighbors, co-workers, and people you love would flow generously with good intentions. You would be inspired knowing people were rooting you on, believing in you, and wishing the best for you all day long, every day. Unfortunately, the devil is a liar and people aren't so simple. The potential for bad energy to transfer over to you and affect the way you feel about yourself is high.

People are dealing with so many insecurities. Knowing how to detect the insecurities of those around you can protect you from being drawn in and negatively affected. Building true self-confidence depends somewhat on the level of skill you develop for canceling out negative energy when it tries to creep in and throw you for a loop. Several characteristics scream insecurity and low emotional frequency. They can be offensive, emotionally crippling, and hurtful to an unsuspecting amateur target. Beware the unsuspecting negative attention that can wheel you with flattery. When you're struggling with low self-confidence and find yourself in the company one of these personality types, and their attention is directed on you, protect your inner-ego and spirit.

The words "he and she" are used interchangeably in the examples provided below and do not intend to suggest that each personality type is more common or belonging to one gender or the other. Each personality type can be displayed by anyone, regardless to gender.

The Overly Confident Jackass - This entertainer uses an air of obnoxious energy to cover up for deep feelings of inadequacy and a lack of true self-confidence. His presence can be intimidating and suck the courage and energy right out of an unsuspecting person who's suffering with his own self-doubt. This person could be your boss or a parent who asserts an overbearing authority over anyone he chooses to, and whenever he feels like crushing a spirit to lift himself up. But deep inside he feels weak and out of control. The only way he can experience a sense of personal power is by creating a transfer of superficial superiority over others. He wants you to believe he's more confident than he is so he goes above what is normal to make you a believer, which almost always categorizes him as unbelievable. It's more genuine for a person to be conscious and aware of how they might cause others to feel. If he's not doing that it's likely because his confidence is inauthentic.

The Flirtatious Fucker - The flirt chooses to exude confidence by drawing close and spilling a large cup of wild energy all over you without permission. He uses his energy to pull you in quick and keep you off guard so you can't distinguish between what's real and what's not. He knows you thrive off of compliments and being swooned over so he plays into your ego's needs by appealing to your self-interest. When he finally has you, he'll drop you on your head without warning and damage any self-confidence you thought you had. The extreme flirter acts this way to cover up inadequacies he feels he has by using tactics to overthrow your common sense.

He doesn't feel confident enough to be himself and allow you a fair opportunity to get to know him on a basic level. In his mind you won't like what you find. When you allow yourself to be drawn into this type of deceptive energetic transfer you raise the risk of lending your sense of self-worth over to someone who won't know what to do with it. Your worth must be determined by you, less the flattery because with you is where it will be molded into the most reliable state possible. Then when a person turns on their flirtatious characteristics to get what they want you won't be easily taken by it, which will protect your confidence from unnecessary ruin.

The Mean Bitch - This person wears their disapproval of you on their sleeve even before meeting you. There's no characteristic more damaging to self-confidence than meanness. Trying to get around a mean person to get something done is difficult for anyone and most people would prefer to avoid it. People who revert to meanness are my favorites because they've chosen a more obvious vice to hide behind. They've adapted this cover up to sooth the emotional burden of disappointment and it's how they keep you on your *P's and Q's* (on your p's & q's is grandma slang term for - *in line*). In their minds, means is the best way to keep you at a safe emotional distance. While meanness can be brought on by a wide variety of stressors or chronic issues, the important thing to remember when faced with this characteristic is this person probably lacks true self-esteem. People with high-esteem do their best to not only respect themselves but to respect other people. It would be to your advantage to understand this behavior and not internalize it.

Part of what causes people to act mean is their tendency to internalize their experiences, take things personally, and stay hung up about it as a habit or way of life. People who choose to be mean still have to cooperate much of the time. Recognizing this type and developing empathy for those who suffer from meanness as a chronic condition will empower you and

give you the courage to deal with them objectively, especially if they have something you want. One winning experience with a meanie can boost your confidence to high levels as long as you accept that it might take twenty tries before you're successful.

The key to overcoming interactions with a meanie is to never set yourself up by personalizing their responses. Do not feed meanness with a transfer of similar energy or other low-frequency emotions. Meanies behave this way toward anyone they feel will let them get away with this behavior. Most importantly, they often behave this way subconsciously. They're not aware of their behavior in the moment and will act this way toward anyone. Kill them on the spot with the opposite frequency: kindness.

The Sucker - This type can lead you into feeling you have the upper hand when interacting with them, but behind your back they're undermining your efforts. The sucker is probably the trickiest personality type to deal with and it's why you would benefit from understanding the nature of a person who gives off this low-ball *"I'll do whatever you want"* energy. A person who spends every waking hour trying to please other people has adopted the characteristic of pretending their way through obstacles. They have low integrity and go above and beyond what is natural and acceptable to get what they want. Their self-confidence is so low that they disregard their own internal whispers begging them to cut the shit. A people pleaser doesn't care what you think because as far as they're concerned they're not good enough to compete or worthy enough to achieve their goals, so they refuse to play fair. They play on others with low-esteem or narcissistic needs to be praised - by appealing to their egos for first place.

He's the co-worker that would come in at 4 am to do your boss' laundry to avoid applying skill, determination, consistency, and willingness to the process. He refuses to embrace the hustle or wait his turn to fairly earn his spot. And sometimes he'll get the office you worked harder for, are more qualified for, and he'll move up the ladder faster than anyone you've ever

seen. He's secretly ambitious. The part of the movie you don't see is the lack of respect he earns in the minds of all those he's kissed up to or manipulated along the way. No one can help but lose respect for the people pleaser and eventually these tactics come back to hurt this type.

The results of their behavior gives a false sense of accomplishment, but diminishes any value they could have established. Most of the time no one trusts a people pleaser because their behaviors imply clear insincerity to their subjects on every level. Being clear about who they are and being able to identify them in life prepares you for their ridiculous antics and shallow energy, so you're not affected by it. A people pleaser sends a clear message that they believe their thoughts, ideas, and abilities are worthless so they will blindly say and do just about anything to get approval and acceptance from others.

The Helpless Complainer - We've all had to deal with a person who blames everything and everyone else for their problems. If you're not careful you'll start to believe them and feel like shit. The complaining person who finds fault in every effort can drain the self-confidence and self-worth right out of unsuspecting people. She blames you for the way she feels and she holds you responsible for where she is in her life. If it weren't for you she would have accomplished so much more, but you somehow held her up or got in the way. She doesn't take responsibility for her experiences and feelings because she has an external locus of control and believes she's not in control of anything.

In psychology, people with an external locus of control believe that the circumstances happening in their lives are created by factors outside of themselves. They're very difficult to deal with and can be emotionally draining, even more so when you don't know how to identify them. Reserve your time for healthier energy than this one. The complainer might never know just how capable they are to change their circumstances. Somehow, they adopted the annoying ass habit of thinking the world owes them

something. Maybe your feelings won't be ruined with this one, but you're guaranteed to run out of energy and likely pass out from blame exhaustion. People who employ the complainer characteristic usually never go far, so please do not take them with you, you'll never get there.

The Know It All - We all have an auntie, uncle, friend, or business associate who thinks the world stopped inventing, discovering, developing, and creating a long time ago. As far as they're concerned nothing new is happening and even if it is, they already know all about it. Rigid-minded individuals have no desire to learn anything new, nor can they, because their minds are blocked from an assumption of it being full. Protect yourself from a know-it-all by having solid proof for your claims before engaging with them. Do not debate or get into heated discussions with them when a clear outcome can't be determined.

There are two types: the ones who are open to hearing your side and want to be proven wrong so they can learn, and the one who doesn't give a shit what you think or say because their mind is set. It's hard to tell them apart, but the one who wants to learn is usually the more passive and agreeable of the two. The ones wanting to learn are the ones who will stop, take a breath and listen so you can speak. The know it all stops, but only to think of what to say next and never to listen to your point of view. Unless there's something important in it for you, disengaging before the conversation goes awry is the only solution for keeping your confidence and spirit safe. Being right is less important than being at peace. Let them have their illusions of infinite knowledge while you maintain a safe emotional distance from their heated debates fueled by their own insecurities.

Reflection:

a) Which personality type brings you the most discomfort?

b) List three ways to minimize the effects that a confidence-draining personality type might have on your personal energy.

LAW 14: BEWARE THE POORLY CONSTRUCTED INNER CIRCLE



Your Company has the Power to Shape, Break, and Affect You.

EARLIER, I EXPLAINED THAT BY AGE TWENTY-SEVEN WE'RE CONFIDENT enough to do most things. However, even at that age our confidence is being influenced by the company we keep. There's an old saying that would agitate me when my grandmother repeatedly said it to me while growing up. "You are the company you keep." I felt she worked overtime to discredit my sense of autonomy because I was into my own thing. As far as I could tell I was *me* and not a carbon copy of my friends. It turns out that her warnings were correct, because before my high school graduation, I became pregnant. Initially, I didn't think my teenage pregnancy had anything to do with the company I kept. Looking back and remembering my close friends who became pregnant at a young age, I am certain now that their decisions had an influence on my behavior and choices at the time.

A large and important chunk of our self-confidence and self-image is constructed or chipped away by the messages coming in from the people we are bonded to and even the ones we barely know. That year, somewhere in America, there was a teenage girl terrified of becoming pregnant and losing

or delaying the opportunity to become a lawyer or achieve some other personal goal. Her confidence in being a mother at an early age was low, but her confidence for achieving a purpose other than being a young mother was high. Based on the opposite ways in which we applied our confidence, there were significant differences in the way she and I understood life and the futures we felt we could create for ourselves.

To a large degree, where you see yourself in your imagination, whether consciously or not, is pulled from your close inner-circle. Your level of confidence for involving yourself in any particular situation is impacted by the actions and choices of those closest to you. In many circumstances, we decide what is acceptable or not based on the experiences and opinions of those around us. We adopt the ideas, philosophies, careers, political views, family styles, habits, dislikes, likes, and mindsets of the people with whom we spend the most time.

Unless you are deliberately making efforts to maintain a form of independent thought, which I encourage you to do from here on, your mind is constantly absorbing the beliefs impressed on you by these outside influences whether they are the best options for you or not. Each of these groups influence and impact your decision making process on various levels. A very limited version of yourself is constantly being projected and shaped into your subconscious mind by these external influences until you consciously decide to take control and broaden your perspective of not only yourself and your potential, but of the world around you.

~ The power of self-confidence can draw the things you want into your path. Once you believe you can and act like you can, everyone else will believe you, too. ~

Even if you can only make yourself believe you can overcome these obstacles a little bit at a time, start believing.

You're always observing the actions and the results of those actions occurring for the people around you and for yourself, even when you're not fully aware of it. If you witness a behavior as something common and easy to do you're more likely to accept that behavior as possible. A good portion of your life you've believed you can do things based on what others have been able to do in your immediate circle. That's why, on average, you and the people closest to you share so much in common. Your yearly salaries are not too far apart, your neighborhoods are similar, your education levels are close enough, and you listen to the same music with slight variations, and so on. On the surface, it might appear that an individual you know has more confidence than you or some major differences in the way they approach situations, but it's usually not as significant as you think. It's not something you can't do yourself with effort.

Making these observations will help you understand the importance of expanding your social circle to include people who are actively engaging in areas into which you want to move. As I explained earlier, the Universe designed your brain to adapt to the influences you place near it. When you willingly surround yourself with people doing the things you want to do, you not only put yourself in a position to learn how these things are being done, you forge new relationships that appeal to your self-interest. All of this gives you the courage you need to do these things on your own. Your ability to perform specific tasks and achieve goals unfamiliar to you becomes more assessable through constant exposure. This goes back to why the company you keep will either break you or make you, and all before you realize anything has been happening. And since your brain anatomically works in this receptive way, you should place yourself under

influences where you will get something you want instead of staying where you're only able to get more of what you don't want.

Alcoholics recover by deciding not to be around alcohol or people who drink it until they feel they've regained a strong sense of control over their addiction. They know it won't always be possible to avoid seeing big beautiful bottles of Rosé or being in the presence of someone who's getting smashed from shots of Tequila. So, they regularly make conscious efforts to guard their psyche and surround themselves with new friends and sober acquaintance instead. Influence is a big deal and if you are ever going to get the things you want, you must find the influences you need. Think of a time when you were influenced in a good way and in a bad way. Think about the circumstances that got your attention and caused you to feel or to act.

When your confidence is low in specific areas of your life, the best medicine you can give it is living proof that someone else *is* accomplishing the things you want in the areas where you lack. If most of your homies are settling for lying, cheating ass partners, eventually you'll have this "now or never, sorry I can't wait for better" mentality as well. Toxic bonds give these poor experiences power. You must place yourself around some single and loving it types or people in relationships where their boundaries are being respected if that's what you want to one day emulate.

Similar comparisons can be made to career choices and earning potential within a circle. Most people limit their ability to produce money or choose a career path based on the information they take in from the people in their inner circles. Parents, siblings, and other members of the community push their limited systems onto everyone else and usually only a few exceed the expectation. Out of 100 people, only two or three will break past those limitations and create financial freedom, while the rest plan for fixed incomes with incremental raises over years of employment. Nothing is wrong with this decision if it's what a person chooses. The

problem arises when an individual doesn't realize that they have the potential to do, create, and attract more into their lives.

The selection of your inner-circle becomes the most important task in your life when you feel a deep desire to become confident to change your income, career, relationships, and life in general. If you want to experience transformation you must work to create an inner circle whose ideals and actions are in line with the changes you seek. You can read more about what it takes to transform your financial life by referring to **Book 1** No More BrokeAssNess.

Reflection:

- a) In what clear ways has your environment affected your beliefs about yourself and your abilities?

- b) Reflect on a time when surrounding yourself with quality people improved your way of thinking and acting for the better. Write it down.

- c) According to Law 14, one of the best medicines for low-confidence in a particular area is to _____.
(multiple words)

LAW 15: KILL YOURSELF



Start seeing yourself as the person you want to be and kill the image of the person you think you are.

YES, A MURDER MUST TAKE PLACE AND THIS IS ONE EXECUTION YOU won't have to do in private. A public ending of the old you must happen by confronting the fear and illusions that hold you back from being fluid, and open to the change that allows you to become a new person. Everything you've learned about maintaining the person you are at this moment is probably the opposite of this recommendation. Our identity is often declared as one of the most important attributes of our existence. You're encouraged to be the real you, or to hold on to your self-image because it is all you have and it's worth fighting for.

For the person who is eager to change, maintaining a co-dependent relationship with their current identity is psychologically crippling. It forces them to continue living their life committed to an image that other people insist they are or should be, even when keeping that image is not working for them anymore. Let's go back to visit the memories of some of your most empowering moments during childhood. Whether you endured a less than ideal childhood with your share of family drama like I did, or enjoyed a

great one; do you remember the pleasure and joy you felt so intensely from being anyone you wanted to be in your head? It was a time in your life when your imagination would run wild.

You jumped up and down on the mattress pretending to be a superstar, or a master Judoka from an imaginary Chinese town where karate was king (*I did this every Sunday without fail*), or you sang like Whitney Houston right before you got your ass beat for all that yelling and jumping on the mattress. You would kill yourself repeatedly as you assumed unlimited roles of the subjects that earned your attention. It was a good habit that someone gradually convinced you to stop. It is of the utmost importance for you to return to your imaginative state of mind and tap into the infinite source of creative energy where all of those options for recreating yourself reside. You were created with imaginative abilities that far exceed any circumstance you find yourself in and for good reason.

In your mind is the first place where you must become, be, see, and believe in the "you" who longs to evolve anew.

There's not anything you've done in your life that arrived into your reality without first showing up as a thought. Take a few minutes to immerse yourself in that sentence. Think it through to determine whether you can find anything you've done that didn't begin with entertaining a thought. Some thoughts are subconscious and come about without much effort, but they are still your thoughts shaping the actions that follow. Everything you do and anything you attempt to create has to come as an image into your mind first. Sure, you've passed your morning pee-pee until you have it memorized, but you visualized that toilet on the movie-screen of your mind thousands of times before it became second nature. You murdered that pampers and developed the confidence you needed to train and direct yourself to the proper way. Had you never felt the discomfort from sitting in soiled pampers and been so heavily influenced by all of your bathroom comrades, you'd still be wearing one.

At some point you could no longer see yourself as a child who needed pampers. Instead you decided to transform into a little person who had the confidence to make it to the bathroom in time to do your private work. A huge part of releasing the confidence you need to become a new version of yourself and do new things will come from accepting that it is possible. You have to change your mind about who you think you are and make room for the person you want to be. Let your imagination show who you can be in reality when you apply will and determination.

STOP seeing yourself as having low self-confidence in certain areas.

STOP saying to yourself or to anyone else that you have low self-confidence in certain areas.

STOP believing you have low self-confidence in certain areas.

There are good reasons for not knowing everything. You won't know everything or how to do everything you direct your attention and desires on, and you must be okay with that. It's not okay to penalize yourself when you're not familiar with a certain area or task, or hold yourself to unrealistic standards by comparing yourself to other people. There's an improper assumption that seems to override the facts when we witness someone showing how talented they are in a specific area. The hard work, dedication, persistence, and practice it took to become great at the things we see others excel in, is forgotten or dismissed. We tend to overlook this part when we're swept away or captivated in the moments we experience people sharing their talents.

Abandon the habit of measuring your skills or talents against others. No one clicks their heels three times and lands in Kansas City with a small dog on a carpet. Everyone works hard, pushes through fears, and stay on the

unpredictable yellow brick road toward Oz until they find the magic. You too, can bring your own unique magic to the lives of others when you commit to developing your talents and letting go of any commitments to the old self. Expect to tire of the old and celebrate the process of adapting to new experiences and new ways of expressing yourself.

An Easy but Somewhat Deep as Shit Scientific Explanation of Your Feelings.

Depending on how you use yours, the same remarkable internal system designed to aid you through life can also hold you back and keep you stuck. Your attachments, undesirable behaviors, shortcomings, and faults are connected to the memories stored in your brain. Your brain is akin to a computer system, but far more superior and complex. Customarily, we put more thought into pulling apart, organizing, re-organizing and using the programs of our computer hardware and software systems. We handle our mobile phone devices with more confidence, care, intent and enthusiasm than we do our own invaluable internal brain systems.

The most important machines in your life merely attempt to emulate internal systems you were born with. You owe it to yourself to become familiar with how your mind works. If for no reason other than because it can improve your life and boost and maintain your self-confidence, it's worth exploring. For a computer and all of its programs to efficiently co-exist, serve, and connect to others of its kind, it must have a server as its main source of power. Like the computer, you have a stem in the back of your brain that acts as your main point of contact or consciousness, to which you connect to the highest source of creation. This means that whether you're always conscious of it or not, you have access to a networking power greater than all of your problems and obstacles. You are bigger than the shit you are allowing to cause you fear and here's why.

Let's imagine you were in a bad situation where you were committed into a relationship with a married person, but you didn't discover this fact for a few years. At this point, there would be internal friction and confusion; and if you were like many of us, it wouldn't be easy to walk away. Your confidence would take a hit and likely drop in the sudden absence of this love affair, and the memories would be too much to bear.

Your brain is designed to constantly work on your behalf. Even when you know not what you do, your brain assumes it's still working for you. It collects the memories of your experiences and safely stores them away, although you're not always consciously aware of this process. The universe decided that it's unnecessary for you to be aware, probably because it would cause brain overload if you recognized each instance your brain was working on something. Sheesh, I cannot imagine what that would be like.

Most people would rush out of a relationship after discovering their love interest's breach of commitment was this offensive, and for obvious reasons. Your concerns about this break-up become more and more apparent in the hours, days, and weeks ahead. Your memory plays the recordings back to you repeatedly. It insists on reminding you of all the experiences you had with this person under a false impression of a monogamous commitment. You've been made so perfectly that your mind continues to remind you of what you now recognize as a fatal error in your relationship. You are drained and don't have the energy to do anything. You call out from work and stop answering your phone for days. You need to correct this pressing personal issue. What causes these memories to take such a crippling hold on you?

Your memories are the internal force responsible for triggering the emotions you feel. Memories are not designed to die, but with time and the addition of new experiences, you can expect the bad ones to become more tolerable as they fade into the recesses of your mind. You already know that

new experiences will eventually override those hurtful thoughts, but what can you do now to speed this process up and regain control over your life?

In what seems to be no fault of your own, you come across a t-shirt in the dirty laundry that belongs to your ex-lover. You're smart enough to toss that funky piece of cloth in the trash. A few hours later, a song plays on the radio signaling your memory to play back annoying recordings of the good times you shared, or the cheese you added to your eggs this morning evokes a strong memory followed by an uncontrollable onslaught of desperation and salty tears. You miss this person more than you could have ever predicted and the betrayal is incomprehensible.

The more you feed into your low-level depressive feelings, the more you feel unattractive and rejected.

You're five minutes away from calling him to try to resolve your painful feelings. You're walking around looking for your mobile phone, not sure if you tossed it out of the window during a fit of rage or just misplaced it. You question your values and wonder, "Is it really that bad to be with a married person? Maybe I can handle this, maybe holidays and being first is not that fucking important."

For more days than you care to entertain or admit, this dilemma has you trapped between repeated memories of the relationship, the moment you discovered it was all a lie, and a range of unmanageable emotions and feelings. It makes you wonder how the loving creator of all things could send you such a wide range of experiences, yet leave you with limited control over your memories and emotions when he must know you'd rather not endure such extreme haunting thoughts. Well, you have not been left helpless. You were created well equipped to handle this fucked up situation.

Your Arsenal of Internal Go-to's.

When thoughts and emotions from bad experiences overwhelm you, the ability to exercise your free will is still available to you. The healthiest way for you to counter those memories is to allow them through, but instead of accepting the depressive emotions that overtake you, engage in opposite emotions, such as gratitude. You can summon a lot of thoughts to be grateful for, perhaps thinking, "Thank God I found out and didn't run over him with my car. Being in prison would affect my future plans." Just maybe you can make yourself laugh, too. I've been able to find humor in some of the worst situations. Laughter helps bring us back from despair and into an emotional state where we feel empowered to heal.

You're always armed with the power to choose a different emotion when hurtful ones try to surface and take control. I know this because any emotion you experienced is still stored in your programming, regardless to the emotion you may be feeling at the moment. Unless we suffer brain damage, we can access different emotions when we try. Some believe that quickly switching our thoughts can deflect hurt feelings, and this might work for some. But switching to a new thought too early in the grieving process can be challenging. Most of us need to emotionally process the bad experiences we wish we could delete. It takes practice to train your mind to detect and disarm emotions that block you from feeling good; just as it took practice for your brain to learn which emotions and feelings will be sent down in response to negative experiences, which in turn cause you to feel awful.

You can work through your feelings and emotions, and deepen your understanding of yourself simultaneously. The goal is to encourage yourself to believe that while you might not always be able to detect the intentions of others, you *can* learn to control how you feel if their intentions turn out to be against your best interest. Abandon any thoughts that hold you responsible for the way another person treats you or mishandles you when you extend your trust and love to them. They will be held accountable for

their actions and this responsibility is their weight to carry, not yours. Trust the process of karma even though there's a good chance you won't get to see it when it comes back around. Universal law is law and you can find comfort in knowing the law of cause and effect teaches us that no one really gets away with hurting other people.

~ When feelings come up that are hurtful you can practice replacing them with feelings that inspire you and make you feel better. ~

Here's a list of low-frequency feelings and high-frequency feelings. Be thoughtful and add some of your own. Low-frequency feelings pull your confidence down with them and high-frequency feelings raise your confidence up with them.

Sadness - Joy
Loneliness - Wholeness
Anger - Laughter
Pity - Pride
Grief - Gratitude
Doubt - Confidence

A Deeper Understanding of Your Feelings' Habits.

Initially, you did not know that when you're lied to, it should automatically generate feelings of betrayal and anger, or a desperate need to smother your offender. The majority of our emotional reactions are learned and adapted from the reactions and behaviors of those in our environment.

A baby doesn't respond with anger to cheating or lying because his mind has yet to be influenced by his environment, which is why he can deliver smiles throughout the day regardless of what's going on outside of him.

Babies exist in a sort of Never-Never land, and that's a good thing; because if baby knew why daddy invited the cosmetics saleswomen into the kitchen while mommy was out, babies would probably be born less frequently. Either that or this type of daddy would do his best to dodge babysitting responsibilities.

Unless a baby falls off of the bed, is hungry, has a soiled diaper, or is exposed to energy that upsets him, he's unaffected, pleasant, stable and exhibits a less complex system of emotions. It's a large reason why everyone loves the company of a new un-programmed baby. He's not judging the people around him or himself so harshly that it affects and activates so many complicated feelings and emotions.

There's plenty to be learned from a small child. He reminds us that we start life peacefully, internally focused, open, and not so heavily influenced by the outside world and the poor behaviors of others. But by the time many of us reach adulthood the things other people do end up having more control over our feelings than we do.

Reconstruct the mental and psychological configurations that cause you to be upset and keep you stuck behind low-frequency feelings and emotions longer than they are meant to serve you. Be thankful for your undesirable experiences by acknowledging the lessons in them that make you wiser. You might not find the lessons straight away because, in this scenario, the person was living a lie and led you into it. But perhaps you were so smitten and in love that there were signs you missed, ignored, or brushed off all along.

In all of your experiences there are lessons to take along and apply in life. The lessons are the blessings life gives us during times of regret and failure. I like to call them *blesssons* and I encourage you to get good at

finding them, honoring them, and using them when you should. These blessings become wisdom that helps us recognize and discern which roads we'd rather not travel down again. Let your blessings activate and act as the intelligent spidey-senses that will protect you from shitty situations.

Instead of internalizing the behaviors of those who find it difficult to treat you with respect, empathy, love, honesty, admiration, appreciation, or any sentiment you seek, it would serve you better to accept them for who they show themselves to be and leave it as that. When people treat you differently from what you expect, the automatic response is to make it right. Some people try to make it right by trying to change themselves to meet the demands of the person with whom they're dealing. The only time tweaking your behavior for someone else is a good idea is when it's done because of clear and evident expression from the other person, and when you agree. Guessing, blaming yourself, manipulating, and behaving differently to please or get something in return, whether material or emotional, is bad for your confidence. Never do it, because relationships that are good for you don't require so much work, especially not work that deducts from your worth, esteem, and confidence.

Reflection:

- a) Reflect on an empowering moment during your childhood. Write it down.
- b) Where is the first place you should believe and see yourself achieving a goal for it to take place in your life?
- c) List three things you don't like about your life.

- d) If you killed all three, how would they be replaced in the resurrection of the new you?
- e) During what important situation did your feelings overpower your mental clarity?
- f) What internal force triggers your emotions, whether good or bad?
- g) Aside from willpower, what other internal force can redirect negative emotions?

LAW 16: FADE: BE NOBODY AND BECOME ANYBODY YOU WANT TO BE



Transformation and Gangster Confidence Unleashed

YOU ARE NOT THE SKIN YOU'RE IN UNLESS YOU CHOOSE TO BE, AND even if that is what you choose, the body is only temporary. Consider detaching from who you think you are right now so you can play around with the wide range of things you can become. By becoming a *nobody*, I gave myself permission to dig out destructive learned behaviors and beliefs about myself and the world around me that were no longer serving me. I replaced them with ones that caused me to feel and act better. Things customarily thought of as unattainable and unlikely for a person like me became possible in my mind. I wasn't pleased with my life and needed to encourage myself to follow the visions that offered me the most satisfaction. I decided that it was okay for me to entertain wild thoughts about being someone different, and it's normal to yearn for a new and fresh experience of self.

As comfort-zone loving humans, we're addicted to what we think we know about one another. We behave in irrational ways to resist and obstruct change, even when the transformation is positive. If you thought of your

neighbor as a ratchet, ghetto, difficult person to get along with all the years you knew her, then one day she kindly offered you a "hello," as if nothing had ever happened, you'd probably dismiss the encounter as fraudulent. It would take a while for it to register that this woman transformed herself into someone else and she's no longer the evil ratchet neighbor you thought you knew.

You're much more emotionally, spiritually and mentally flexible than you realize. Everything you know and accept about yourself is learned, and if your goal is to blow your confidence through the roof, consider shedding that old skin and deliberately transforming yourself into the person *you* want to be. The worst thing that could happen is you'll dislike the new you, but no worries, you can always go back to the old version since you have that person memorized. It's fascinating how you can do that, although I doubt you'd go backwards once you've reached massive new heights of self-confidence, self-esteem, and personal success.

Psychologically attaching yourself to identities like, *"I'm a woman"* or *"I'm a black man"* or *"a divorced Chinese woman"* or *"an Italian man"* or whatever, limits you on an inconspicuously sneaky psychological level. It reduces you to a tiny psychological box containing culture, gender, age, socio-economic presumptions, class, political party, relationship status, and so on. I'm not suggesting that you abandon responsibility for specifics if you're in a field where doing so adds value to humanity. If you're a gynecologist or in some specialized field, these dividers could be necessary for getting relevant work accomplished. But otherwise, these divisive implications affect you mentally, can hurt your bottom line, and lower your confidence in areas you believe are out of reach for you because of one of them.

Although the world is rapidly changing and expanding in thought and spirit, a large part of our society continues to be influenced by stereotypes, genders, and cultural expectations. If you believe that computer coders are

better because they are Indian, why would you ever try to become a coder and try to create the best app yourself? It doesn't matter what you say in casual conversations with others, your deep-rooted beliefs are the ones pulling the strings behind the scenes of your life. Without good reason, your internal beliefs could be pulling you away from the doorway of your next big thing and sending you home to sob. Most times we don't know what they are until we're faced with a situation that brings these beliefs to the surface. And even then, we don't realize it's in our power to change our thoughts and dissolve any beliefs that stagnate our efforts to support the person we're trying to become.

The act of mentally abandoning labels and claiming your infinite spiritual self gives you permission to step out and go after the things you want more freely. Social conditioning can affect you when you're not aware of its power, and you encounter someone who tries to influence you away from your goals or block you based on illusionary conditions. It's much easier to overcome traditional and cross-cultural social conditions should someone try to use them against you when you're already certain of being way more than any limiting condition that exists. Developing a strong sense of spiritual-self helps to protect your mental energy from the tension and fears that can be brought on by the divisiveness of labeling people.

It's normal and necessary to enjoy, preserve and share aspects of each of our unique and valuable cultures. However, our culture does not require us to be bound to the characteristics, belief systems, or ideals that are commonly known to make up a specific group. Having things in common should not rob us of personal freedoms, or desires to grow as individuals, *or* of our need to explore ourselves outside of the confines of a particular culture, which are all our birthrights. Refusing to be grouped up and indebted to every member of your sex, orientation, or culture because of similarities is not betrayal; it's sensible acceptance of your uniqueness and oneness with a higher source and that energy is not containable.

Becoming nobody is uncomplicated. You simply accept your social conditioning and work to remove the parts that are not serving you from your thought patterns. You understand that whatever you want to do is within your power whether you join the effort of others with similar interests or hone in on and develop skills you already have. Becoming nobody requires a humble approach because many of us are addicted to the attention or perks we source from some of our conditions. Sometimes when we accept a privilege that is attached to one of our conditions, we open the door to be undermined in another area.

For example, the same person who believes a woman should never hold a door or work underneath a car because she is a delicate flower, might also believe she should not try to think on her own. We have to work hard to overcome conditions and accept variation without limit from others. Being a nobody allowed me to witness just how many conditions were on us as human beings, and how they tend to disappoint one another even when the intention starts out as what one might view as good or honorable. Special treatment in one area could mean poor treatment in another.

There is no trade-off that can compare or compensate for the freedom to be whomever you choose.

Becoming nobody brings you to an even, healthy spiritual level so you can adapt to any environment or situation where there's potential for you to learn and transform. In this state of mind, you realize that you're a work in progress and it's okay to be that since every great thing starts off at zero. You can enjoy the process of creation more fully and live in the moment

while building natural and true self-confidence along the way. When you realize that the "you" trying to evolve does not owe the old "you" to anyone, not even yourself, you can go on about the business of getting your goals accomplished, confidently.

Reflection:

- a) If you could vanish and disappear similar to a chameleon or a superhero, who or what would you return as?
- b) What are the characteristics or attributes attracting you to your choice?
- c) In what ways do you feel your identity or labels help or hinder you?
- d) Do you feel addicted or unable to release any part of being you; emotional, physical, psychological or characteristic? List those things.

Ex: Long hair, good looks, nice legs, sex, ethnicity, ego, culture, etc.

- e) If you had to give those parts of you up, live only as an infinite spirit with no attachments, but gain an opportunity to eventually experience everything you've ever wanted as a tradeoff, would you be willing to?

The End

SUMMARY

“ It does not matter what anyone offers you in life, if it breaks your confidence let them go away with it. Gangster Confidence will get you where you need to go, no hand outs will be necessary. Protect it like the platinum energy it is...”

— MICHELLE CARVALHO

What you can do now is.....

Read your answers and responses to the Reflections following each Law. You know what you want, what's been holding you back, and why these things have happened. Commit to the goals you see for yourself and create a plan to act as your guide. Use the jewels, strategies, advice, research and experience offered throughout this book as you see fit. Seek to be inspired and encouraged in all your days and in everything you do and courageousness will be found. Accept that the work on self is never complete. Taking this attitude will bring forth the master you already are in pure spirit. Come back to this book to read Laws that help you gain strength

in areas where you experience weakness. Recommend the 16 Laws to friends and family who would benefit from them. May your Gangster Confidence be overblown and unleashed, and you stay ready and able to say fuck fear and do it scared if that's what it takes.

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Write me to let me know which was your favorite Law of the 16: ask-michelle@adreamlyfe.com

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CONFIDENCE MEDITATION

FOR YOU



When my soul enters into this physical realm by conception to flesh,
I still exist as infinite spirit.

I am part of an immeasurable higher existence and arrive to
experience the physical world.

I am here to embrace the human experience, learn, grow my soul,
and serve this world in a unique and purpose-filled way.

All things are available. I have everything I need and lack nothing.

I am in motion. I am in progress.

Things not immediately clear will reveal themselves in due time.

It is my birthright to explore, sample new things, and create experiences I enjoy and appreciate.

No failure or mistake goes without value added for my journey.

To live is to fail, to succeed is to cause error, and to master is to begin.

There is no chance for error larger or more significant than reaching for the purpose that drives me.

Nothing is fixed or permanent, as all things will change and transform.

I pass through all experiences, good or bad, and make it to the other side.

I flow continuously, allowing no fear to create lasting hesitation and stagnation.

I grow wiser and certain of myself while existing in personal transformation.

I can be the thing I want to be, visit the spaces I yearn to see and experience love that inspires me.

I am me, that which is anything I choose to be, mentally, physically, psychologically, and emotionally.

I am not my body, though I care for the perfect fleshy keeper with love and gratefulness as it assists to navigate my soul energy in the physical world.

I am spirit, soul, and pure life energy with the potential and power to shape my destiny.

Whether real or imagined, no negative thought, fear, or obstacle can stop me.

FINAL THOUGHTS

Hello,

I hope you enjoyed reading the 16 Laws for Gangster Confidence. You may be experiencing a sudden rush of inspiration and courage, if so act on it. The journey is not yet over. Continue reading and watching high frequency material that inspires you to get out there and live the life you want to live. Do not be held back, the big clock is ticking and we want to see you grow into the person you want to be.

I wish I could advise you to read this book once and be done with it but I can't. Rising above the low-frequency emotions that keep us stuck behind illusions of fear is challenging. When you've developed the chronic habit of avoiding things you feel intimidated by, building true self-confidence takes time and commitment. Read this book no less than five times to get it through to your psyche. There's nothing to fear. You can do and complete anything you put the first step into.

It may not cause a shift in your mind and spirit the first or second time, but stop counting, the shift will happen if you stay committed. It must, it's universal law. And with much intention, I installed high frequencies in this

book. The things you're working toward will usually turn out way better than you expect. Hold on. You're transforming.



Spring 2019, Bike Ride In Harlem, NYC

May the flow of success, prosperity, and Gangster Confidence unleash into your life.

Love & Light
Michelle Carvalho

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LINKS REVEALED FROM HYPERLINKS IN DIGITAL COPY

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