

- *What else can you do to improve your self confidence?*
- *What is your biggest obstacle to more self confidence?*



People who are not self-confident depend extremely on the support of others in order to feel good. They tend to avoid taking risks because they fear failure.. Self-confidence and high self-esteem is the

key to high performance, health and satisfaction in everything we do.



Meditation
is prehistoric, ancient and time-tested method to generate and activate the souls' true power and new

advances make it persuasive, powerful and effective tool for tough predicaments. Your unconscious mind is guided to help you achieve a healthier and positive outlook. With the help of meditation you can learn to be more relaxed and have more confidence in your daily life. Only your unconscious mind hears these healthy, powerful messages, turning them into positive feelings and improved abilities.