

Confidence



Teens Can Dream

Confidence

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Published by:

Teens Can Dream, LLC
1405 S. Bascom Avenue
San Jose, CA 95128

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Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

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to see if we can help YOU
unlock your true potential.

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Warning: The information you are about to read can dramatically increase your confidence level and enhance many other areas of your life according to the level of your belief. So, if you truly want to gain confidence which will help propel you in the future, read this article multiple times until you have it virtually memorized.



As most all of you teenagers already know, being a teenager can be very difficult. With all the hormone changes, physical body changes, transition from elementary to middle school and then to high school, relationships, finding a group to fit in with, and the list goes on, it's no wonder why life can be stressful for teenagers. What can and does add to the difficulty during this time in your life is whether or not you're growing up in a home with support. There are too many cases where the parents are absent in the teen's life. Maybe there is only one parent who has to work or maybe no parents, so you're in the care of grandparents or foster parents. Regardless of what your situation is in your life right now, my objective is to teach you how to make it better. I realize you don't have many places to go and be taught how to create the life you want. So, that's why I've written these short stories, books and created the web site, www.teenscandream.com. Trust me, if you follow what I tell you to do and continue to research more

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information, you will be amazed how your life unfolds before your very eyes.

First, let's break down self-confidence to the basics. When I researched this on the internet and found a psychology site on the subject, it said, "Confidence or self-esteem is how you feel about yourself and your abilities. You develop this from an early stage as you grow and interact with other kids and family members. When you have a healthy self-esteem, it means you value yourself as a person and you trust your abilities and your feelings. Confidence gives you the desire to push yourself forward to try and experience new things. Trying new things and failing at times, as well as being successful other times, is necessary for your personal growth. Although it may be hard at times to fail in front of your peers, it is ultimately necessary. What happens to some, who don't have the confidence in themselves, is they fear even trying what is asked of them to do. In many cases, fear alone is what causes the person to fail. Fear can actually cause you to create your own self-fulfilling prophecy." We'll get deeper into that a little later in the article.

What seems to help many people is, knowing that you're not alone. You should realize that most of your peers have the same fears at some level. Many teens ask, "Why don't I have confidence?" "My friends seem

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to have confidence.” “My parents have confidence.” “What’s wrong with me?” First, let me say that it’s not always an easy question to answer. It can be how your nature is. I will tell you that my daughter was born painfully shy. As a toddler, if we weren’t first to a birthday party, she would not play with the other kids. She would just sit on our laps. Of course, when the party was almost over, she would then want to play. This happened countless times. My wife and I worked very diligently to help her gain the confidence needed to prosper. It wasn’t easy and it took quite some time, but now she’s a teenager and flourishing. For some of you who have parents who don’t know how to teach this to their kids, this article is going to help you immensely. Second, there is nothing wrong with you. You have to get that out of your head right now. If you don’t, you can sabotage your future. Confidence is a learned behavior. If you have parents who are more introverted or shy, that is what you’ve learned as a toddler. If you have extroverted or outgoing parents, then that is what you’ve learned as a toddler. Regardless of your upbringing or situation in life, I’m going to show you how to focus your thoughts in one direction and help build that confidence.

I realize there are other factors you’re dealing with in your life right now as a teen. Some of you have

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acne worse than others. Some are dyslexic and have a hard time studying. Others may not be happy with the shape of their bodies or even with the style of their hair. Maybe it's the lack of money that prevents you from thinking you can fit in. It could be your parents are absent from your life. I'm going to stop here because literally, I could make this list go on forever. My point is that there is "no one" who doesn't have some sort of issue in his or her life. I know a couple names immediately popped in your head to disagree with me. "Katie has everything; the perfect body, family, money, friends, athletic, boyfriend, car, hair, everything." Well, I've got news for you. Katie is not perfect. She has her own issues. Her issues will be different than yours, but she has issues. There are many things that you do not know and might never about other people. But, one thing I can tell you with certainty is that everyone one of us has our own personal challenges to overcome. So, again, you're not alone. What happens is we tend to measure ourselves up to other people and say things like, "I would switch places with that person any day." Be careful about that, because you really don't know what lies in the dark. At least with yourself, you know what you need help with. My point though, is not to have you measure yourself

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against others. I want you to focus on *yourself*, so we can build confidence in *you*.

Do drugs and alcohol give one confidence? Well, yes and no. Temporarily, while one is intoxicated, his thought processes are blurred which allows one to say things he or she might not normally say while sober. As a side note on humor, when one is asked his height, he might answer 5'11" sober and 6'5" when intoxicated. There is a bit a truth to this because being intoxicated can give you the sense that you are much bigger and more powerful than you really are. But, the true answer to the above question is no, because when you wake up the next morning you are back to your normal state. If you made some mistakes while intoxicated, as many do, you might have less confidence after waking up. Drugs and alcohol only mask the problems. They never help anyone with issues they need to work on.

We have to focus our thoughts in one direction if we want to change who we are and learn to feel confident. So, what does that mean? That means you have to focus on what you truly want in life and who you want to be as a person. When I mentioned *fear* in the earlier paragraph, it's because *fear* is the root of the problem when it comes to confidence. You might *fear* trying out for the play at school for *fear* of being

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ridiculed by your friends. You might *fear* asking that person to the dance for fear of getting rejected. You might *fear* talking to your teacher for *fear* he might put you down for your lack of studying. Regardless of what your *fear* is about, I'm going to help you reverse this. I can tell you that I learned this technique years ago from a friend of mine and I have used it countless times in business and in personal situations. I'm not a fan of reinventing the wheel. When I find something that works, I use it.

Think of fear as an acronym. F.E.A.R. = False Evidence Appearing Real. Regardless of not yet feeling confident, you have to focus your thoughts constructively on what you **want** to happen and not on what you **don't** want to happen. Understand that ego will try to take over and convince you that you're nervous, scared, and don't want to take a chance. Ego loves chaos. Ego loves to keep you in your comfortable position of not trying anything. Think of ego as a good vs. evil (ego) battle in your mind. As you become more and more aware of the thoughts going through your mind, you'll be able to slowly take over and gain control of your life.

For example, let's say your dyslexia is really taking a toll on your confidence. All sorts of things go through your mind right? Your mind tells you that your friends

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think you're stupid; you teachers think you're stupid; your family thinks you're stupid. It must be true because your brother gets better grades and your friends get better grades. Guess what? "You're not stupid." You learn differently. That's it. Tell your friends this. Tell the world. It is what it is. Who cares? No one, that's who. You've got a lot to offer, so don't allow ego to take control of your mental world and destroy your confidence.

As another example, maybe you're not happy with your body type. Well, last I heard there's only so much you can do about that. You can eat healthy and exercise on a regular basis. Other than that, it is what it is. God gave it to you, so embrace it and move forward. Because of your prior negative thinking regarding your body, ego is going to grab onto those thoughts and keep them going. Ego doesn't want you to explore, expand and grow into a successful adult. Ego wants to convince you the world is bad and everyone in the world is not going to like you because of your body. "It's better if we just stay home." "Don't ask him to the dance." "He'll reject you because of your body." "Don't raise your hand in class." "Everyone will turn and look at your body." "Don't wear those clothes." "Everyone will laugh and look at your body." This kind of negative dialogue creeps into to everyone's

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mind at some point and time. Even the most confident of people have negative thoughts like these. You just have to work through them by being aware that it is ego sabotaging your future. You can stop this by learning how to focus your thoughts in one direction.

So, when this F.E.A.R. creeps into your mind you need to recognize it and talk to yourself. Just say things like, “Oh, no you don’t.” “This is just false evidence appearing real.” “This is a joke.” “You don’t control me.” “I control me.” Then start going into a mode of thank-you’s. Thank you for my perfect body; Thank you for my perfect friends; Thank you for my family; It’s wonderful having such a great life; It’s fantastic enjoying every day; I love being with my friends and family.

Catching the negative thoughts and preventing the F.E.A.R. to capture control of your mind, then going into the mode of “thank-you’s” does two things. First, you are now in control of your thoughts by focusing them in one direction. This is the key to any type of success no matter what you are doing. Second, you are being grateful for the simple things God has given you; those things you have most likely taken for granted. In addition, you are no longer allowing your mind to have negative thoughts. When you focus on the things you don’t like, you only attract more of what you don’t like.

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One of the fundamental laws of the universe is the Law of Attraction. It says that anything you constantly think about and have strong feelings towards, you will bring about. For instance, if you look back in your past and think about the things in your life in which you really put a lot of intense thought and feelings towards, you will find that you did indeed attract those things to you. It could be a boyfriend or girlfriend you wanted. It could be making a specific team for a sport or something as simple as a clothing item. Maybe it was tickets to a concert, and the list goes on and on. Most of the things you attracted such as birthday gifts, Christmas gifts, or just friendly things, all came about from your thoughts first. It could also be areas of study, such as your grades. If you only thought about getting good grades, those thoughts would propel you to take action in the form of studying. Without the thoughts for having good grades, it's highly likely that you would not put as much effort into your studies.

As you understand how the law of attraction works, you also need to understand how your mind works. Our mind works in two parts. You have the conscious part of the mind, which is what we use to talk, think, study and be active with. But, science tells us this is less than 10% of the overall brain function. The vast majority comes from our subconscious

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mind, which is where all the magic happens. The subconscious cannot distinguish fact from fiction, right from wrong, or left from right. It only knows what you tell it with your thoughts and what you feed it with your feelings. What you need to further understand is that anything you say consciously, with strong feelings, the subconscious part of the mind hears and takes it to heart. It does not discriminate whatsoever. It believes whatever you tell it. This is why pathological liars actually believe their lies. They consistently tell themselves over and over that the subject they are talking about is the truth, when in fact we may know that it is not. Yet, after a while they actually believe their own lies. For this reason you want to be very careful about how you talk, and especially how you think and feel.

The subconscious mind is universally tied to everyone and everything. This is your access of tapping into the gifts from God. In essence, it's living the story of Aladdin with the Genie. Every time you tell yourself that you're stupid or your body is ugly, the Genie, your subconscious mind, says "your wish is my command" and therefore you are the creator of your own demise. It is okay to take notice of the fact that you are dyslexic or maybe not the most athletic person in school. But, when you mentally tell yourself over and

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over with all the reasons why you're stupid or why people won't like you, your wish is granted and you start turning that assumption into reality.

So, to gain confidence, you have to focus on what **you** want. What you want is to fit in; to feel comfortable raising your hand in class; be happy; enjoy every day. Just concern yourself with what you want, and believe that you indeed already have it. Remember to kick *ego* to the curb whenever it pops in your mind and tries to hold you back. Utilize the best tool God gave you; your imagination. You want to see and feel whatever it is you want, ahead of time in order for your request to become a reality. Go into the the thank-you modes I mentioned earlier, and try to fall asleep with those thoughts in your mind. It matters not what you want. What does matter is you focus only on what **you** want and not what you don't want. So don't allow F.E.A.R. to grip you.

The best part is anyone can learn this thinking stuff, but like anything else it takes practice. Just like the many hours of practice one would put into sports or the time spent studying, you are also going to have to practice this "thinking stuff." If you choose not to, you may fall into the trap so many people fall into and that is of creating a life less than the life you or they deserve. Trust me, if you learn this now, this thinking

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stuff can carry you into the future and unfold a life you could only dream of.

So why don't we already know this stuff? Why didn't my parents teach me this stuff? It seems so easy. Well, the simple truth is they were not taught themselves. Our "habitual thinking habits" are a learned behavior. Keep in mind there are exceptions to the rule, but for most, the pattern of behavior was learned. Regardless of where or how the behavior was learned, it's important just to know that most likely they themselves were raised the same way they are raising you. Think about it; people can only teach others what they themselves have been taught. In other words, if your parents have no knowledge of how to think in this manner, then how could they possibly teach it to you?

The truth is I'm writing this for you, the teen. What I'm trying to teach you in this article is to understand how the magic of life works. Your thoughts end up forming your future. Nothing can happen without thought first. The trick here is using your thoughts constructively instead of destructively. As you practice changing your thinking habits, you will realize that this will be one of the most important things you're going to learn in your life. The goal is to focus your thoughts in one direction.

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I'm going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are "affirming" that which you desire is actually already in your possession. It ties into the "thank -you's" I mentioned above. You should say your affirmation multiple times a day; First thing in the morning, a couple times during the day and then especially at night just before falling asleep, while lying in bed. This is the last thing you want to be thinking about prior to falling asleep. Remember when I mentioned the magic happens in the subconscious part of the mind? Well, the subconscious is always working, but think about it as going into hyper speed while you're asleep, because you won't have any conscious thoughts rattling around in your head, and this enables the subconscious to begin the creative process from your last thoughts, prior to sleep.

Affirmation

Thank you, God, for my perfect body. It is wonderful having such perfection, which you have so graciously given to me. Thank you for my wonderful home and for my family. Thank you for my life. Thank you for my strength. It feels wonderful having such confidence. I love contributing in class and I enjoy having so many

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incredible friends. It feels great to feel and know I can do anything I put my mind to. It's incredible to walk in a room full of people and keep my head up high as I look others in the eye. I love feeling secure with myself. I'm so happy to know that you have given me all the tools necessary to be successful in life. Thank you, thank you, thank you.

This affirmation is much shorter than what I use. But, it's a start and you can add things as you get it memorized. I've used certain words on purpose and it's because some of the words such as feel, love, thrill, amazing and incredible are words that generate feelings. When you say affirmations, you want to say them with feeling. If all one does is repeat the words, it won't work. You have to instill a sense of strong "feelings" with a belief of already having that which you desire. You're tricking your mind into thinking you already have confidence and you can only do that by "feeling" that you indeed confident now. In addition, the way God created this world was to reward those who are grateful for anything and everything they have right now and although at times it may appear that the constant complainer or negative person gets rewarded, chaos will eventually strike. Your job is to not concern yourself with when or how. Just focus on what **you** want and never focus on the negative people. As

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I explained earlier, like thoughts attract like things. Therefore, the grateful person attracts more happiness in his or her life and of course the ingrate or the complainer will constantly attract misery in his or her life.

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Note from the author: Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, [Thinking In One Direction](#), as well as constantly looking at our site, www.teenscandream.com. The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

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