

Compiled by:

Lioness Esther Peter Tom



Chronicles of
CONFIDENCE

OPTIMIZING YOUR CONFIDENCE FROM INSPIRING
REAL LIFE STORIES OF LIONS AND LIONESSES

MMESOMA ILECHUKWU
Director, School of Confidence



powered by:

**SCHOOL OF
CONFIDENCE**

Transforming your confidence towards greatness

CHRONICLES OF CONFIDENCE

OPTIMIZING YOUR CONFIDENCE FROM INSPIRING
REAL-LIFE STORIES OF LIONS AND LIONESSES

DEDICATION

This book is dedicated to those who are tired of living in that dark cave of low self-esteem and confidence and desperately want to see the light, and to those who want to learn better ways to keep their confidence intact.

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INTRODUCTION

An external lecturer held a class for some medical students, and along the line, asked questions. A student stood to answer it with all the surety of an Einstein. The lecturer kept asking if he was sure of his answer and he boldly replied in the affirmative. The lecturer was so captivated by his confidence and boldness, that he immediately said he was right.

Guess what, it was confirmed that the answer was wrong, but that student had already gotten the grade for a right answer. Now, I'm not saying you should go about proclaiming the wrong things and butter it with so much confidence.

Sometimes certain goals are not actualized not because you don't have what it takes to actualize them but because you are not confident enough to go get them.

Think about this, was there ever a time you switched schools, apartments, jobs, simply because you lacked the confidence to address a pressing issue? That must have been hurtful, right?

There will come a time – more than once, even– in life where you'll need to take vital decisions as an entrepreneur, professional, student, etc. From what stance will you take those decisions?

Do you take your decisions from fear, incompetence, timidity or insecurity?

And that's why School of Confidence (SOC) was birthed, with you in mind. It is an online school aimed at Transforming your Confidence and Self-Esteem towards greatness.

School of Confidence was established to transform the timid, heartbroken, shy, and disappointed to highly confident people. Through a one-on-one interactive session with The Confidence Doctor, the roots of your low self-esteem and confidence will be brought to the surface, and light will be restored to you.

Worthy of note is that the School of Confidence is registered under Corporate Affairs Commission(CAC) with the registration number: 3359126, implying that the certificates issued are valid anywhere.

This not-so-talked-about gem called **Confidence** is one of the major necessities to living a fulfilling life.

Journey with us in the **CHRONICLES OF CONFIDENCE** as we share with you inspiring real-life stories of Lions and Lionesses to optimize your confidence.

CONFIDENCE DOESN'T SEEK VALIDATION

Growing up, I had low self-esteem. Initially, I thought I was confident but when I see people performing better than me, I felt threatened. I felt and did things better only when people said they were. In other words, my confidence came only from people's validations.

During my final year in Secondary School, I had tried coming out of my shell but failed. I still sought for people's validations. I was not confident enough to leave my circle of friends that constantly marred what little confidence I had. At such, I couldn't really achieve most of my childhood dreams.

Not having the confidence to stand will not bring out anything good in you. I had a bright future filled with great aspirations but growing up, I lost the courage to hold on to these aspirations and make them a reality. It is unbelievable to some people that I was never confident because naturally, I am a very funny person.

I want you to note that seeking people's validations reduces you. It takes the best out of you.

Remember that through our confidence, we motivate other people around us to be more confident in themselves.

LIONESS PRECIOUS MARY AKINWOYE

SOC2021015

WHAT REALLY IS CONFIDENCE?

Confidence is our greatest personal resource. With it, we can face any situation knowing we can handle it. Without it, we are destined to suffer. Without confidence any situation has the potential to be a threat.

Confidence comes from believing in you. It comes from recognizing that you are your greatest resource!

Believing means you unconditionally accept that you are both capable and desirable. Acknowledging you are capable means you are good enough, competent, and able to handle life's situations. Admitting you are capable also means knowing that if you cannot handle a situation completely on your own; you know or can find out where to get the necessary help, information, or skill. Acknowledging you are desirable means you understand you are an attractive, likable, decent person. It means you accept this regardless of anyone's contrary opinion.

Confidence means feeling sure of yourself and your abilities — not in an arrogant way, but in a realistic, secure way. Confidence isn't about feeling superior to others. It's a quiet inner knowledge that you're capable and enough.

Confidence helps us feel ready for life's experiences. When we're confident, we're more likely to move forward with people and opportunities — not back away from them. And if things don't work out at first, confidence helps us try again.

A lack of confidence can hold people back from reaching their full potential.

Confidence helps us move forward to discover and develop our capabilities.

You never feel insecure or never fear for being alone, when you have confidence within you.

Self-confidence and happiness are strongly connected. It's all about knowing that you are good, worthy and capable of facing life's problems.

The more confident you become, the happier you will be.

***Written by:* Lioness Chinaza Favour
SOC2021027**

CONFIDENCE IS NOT TRIBAL

When I was much younger, I had scars on my face resulting from an eye infection. The scars made me a subject of mockery amongst my peers. Friends around me called me "Mouth Piece of the gods" . Gosh! I always felt terribly bad about that and it hurt my confidence a lot, which made me keep to very few friends.

Lately, I visited my school clinic for medications. When I arrived there, the atmosphere of the clinic from outside was very tense and scary. I met some students outside fidgeting to go in for medications because the clinic's mistress was so stern.

If I was still that shy girl, I would have quickly returned to my hostel in spite of my health condition. But now, the tables have turned. I walked into the clinic with an infectious smile and radiant eyes. I spoke so confidently and calmly with the said stern mistress. She couldn't resist my charisma. She engaged me in a conversation.

We got talking and within few hours of my arrival the atmosphere had brightened and almost everyone in the clinic was laughing. She requested to know my name and my tribe.

I told her my name but when I mentioned my tribe, she was so shocked because she least expected a person from my tribe to exude this level of confidence.

Honestly, confidence is a great asset. Being confident is not dependent on tribe. Irrespective of your tribe, whether you are from the North, West, East or South, wear your confidence everywhere you go.

LIONESS PEACE EMMANUEL

SOC2021009

CONFIDENCE BEGETS EXCELLENCE

I had a low self-esteem, battled with it for years and found it so difficult to speak with people. I saw myself as less beautiful. I never appreciated myself and felt that confidence was only for the rich.

But my story is different now. I invested intentionally on my confidence. I appreciate myself and now live a healthier and happier life. Registering for SOC is one of the life changing investments I have ever made. I was deprived the post of a Senior Prefect in my secondary school because I was not confident. But as confident as I am now, I can't be deprived of what I want, confidence brings out my perfection.

LIONESS AREMU RACHEL TAIWO
SOC2021016

CONFIDENCE IS BEING WHO I AM

I used to be a very timid person. Though I am introverted, my introversion was quite extreme, such that I barely initiated a conversation and I struggled to keep any conversation properly. Even as a very intelligent student, I was always scared of raising my hands to answer any question asked in class.

Also, I paid more attention to my inner critic such that each time I want to do something new, I will be asking myself if it is good enough. Before I even make a post on Facebook, I do the same thing; questioning if people will engage with the post.

I barely took a step to do something new or big because I always ended up condemning myself and my intending actions before attempting it because I felt people will not like it. This made me chuck out every great potential I was supposed to explore.

Prior to my confident self, my self-esteem was so battered. I never attempted appreciating myself. I had no self-worth. Even when people complimented me, I just talked down on myself.

But my story is a beautiful one now because I registered in SOC. I now love and appreciate myself. I now hype myself and still feel good about it. Also, each time my inner critic comes up with negative and draining "what if's", I silence it with immediately and shoot for what I want.

We all know the world is filled with good and evil people. I have encountered people who tried tearing me down with their toxic and hurting words. To these sets of people, I boldly assert how I deserve to be treated. Confidence is saying: I am who I am not what they think I am and not letting them walk on me. I assert firmly what I want.

LIONESS FAVOUR CHINAZA

SOC2021027

CONFIDENCE IS NOT BOUND TO PLEASE MEN

Hello, have anyone ever told you that you can't come out of your shell? That's a big lie! Read my story.

I used to be a people pleaser; I would go extra miles for the next person at my own expense. I was the leader of the "yes gang"! Anything you tell me, I answer in the affirmative because I can't afford to make you feel bad.

Even when I need my 5k urgently and someone comes to me and say; "Previous, please can yelled me with this your 5k?" I will politely say yes and give it out but within me I need it most but I don't want to look like a bad person in your eyes.

At the end of the day, I lack the Confidence to go and request for my 5k from this friend. After waiting for weeks without getting my money back, instead of going to request for my money, i will rather cook up excuses for their delay to refund my money. "Maybe she doesn't have it now, maybe she must have forgotten, etc. And that's the end of the story because I will never go back to request my money from them.

But after I attended school of Confidence, I tried my best to say No to people. Though it's not really easy but I no longer do things that inconvenience me in a bid to please others. I am living and feeling good without necessary pleasing people. School of Confidence thought me how to be assertive.

LIONESS PRECIOUS CHINKE

SOC2021012

CONFIDENCE BEGETS CLARITY

Prior to the time I registered for SOC, I had a very low self-esteem. I used to be very timid and as a result, I lived a confused and depressed lifestyle. I never felt good about myself. I felt I was not beautiful.

My journey has been a great ride ever since I registered in SOC. Before I used to be lonely and reserved. I never believed in myself and I was deprived of so many things as a result of this.

Low self-esteem has withheld me from speaking in public. I have shied away from several Opportunities and I never even engage in a discussion I am acquainted with because I was very shy.

Compared to now, I live a beautiful Confident life free of confusion and depression. I know what I want and I go for it.

LIONESS UFELE BLESSING CHINENYE

SOC2021001

CONFIDENCE IS INTENTIONAL

I used to be very shy and I used to feel less of myself. I always cared more about what people will say about me as a result, I live a life that will fit in to people's approval. For years I suffered through inferiority complex.

But when I registered in School of Confidence, Argh! The Experience was massive. Personally, School of Confidence is not just a school. It's more like a Spiritual ground for me because I got to be more intentional and intimate in my relationship with God in SOC. My life was really molded in SOC.

Even my Boss in the office is so surprised at the level of Confidence I exude in the office. He is more surprised at how I now speak boldly with ease and flow. Honestly, Confidence Doctor really did a good job on me in SOC.

LIONESS SANDRA OGBONNA

SOC2021031

CAN AN INTROVERT HAVE A HEALTHY SELF-ESTEEM?

You have a battered self-esteem, battered with the fact that you are an introvert. Isn't that double trouble?

Naturally, most introverts tend to be shy and exude this lowkey vibe that most people see as low self-esteem and confidence. Sadly, because of that, those introverts who don't actually have a poor self-esteem eventually slip into low self-esteem.

The fact that you're an introvert doesn't mean you have to settle for less. In fact, your introversion should be an advantage, but many don't know this.

You see, as an introvert, you get to reel into yourself and get to the root of your low self-esteem.

It's very easy for you to shut things out and bring up those wounds, even though they'll be painful. You'll quickly heal from it and emerge as this fierce, yet quiet lion that you are.

Fellow introvert, your introversion is not an excuse to be comfortable with littleness.

Yes, you are an introvert, and you can build your self-esteem.

Don't settle.

***Written by:* Lioness Dorcas Ferdinand
SOC2020005**

YOU WILL DO BETTER WITH CONFIDENCE

I had issues speaking in public. I was always quiet. As a writer, I avoided every opportunity that will lead me to speak in Public. Fortunately, I was always given a platform to perform during events. I know you will think this a big one for me but no. Shy I always avoided such Opportunities.

Most times, I deliberately do not attend the event even though I know I have a performance. Honestly, I couldn't even think of recording a video of myself performing. *"Who born me?"*

But someone registered me in School of Confidence. I will say SOC was a very big gift for me. I now boldly record my Spoken Words. Before *"who born me wey I go present for stage?"* Chai! While I was in SOC, Confidence Doctor often encouraged me to do my videos without fear but I still lacked the courage and even the boldness to look into a camera wasn't there at all. But now, I am doing pretty well. Though this is not the best of me but I am more confident and I am a different person now.

Let me tell you this: there is more to you. Yes, you reading this, you are more. It doesn't matter what your life looks like at the moment, step up your game. you will do better with confidence

LIONESS VICTORIA EGBEDE

SOC2021024

CONFIDENCE TRANSFORMED ME

Oh my goodness! Everyone that sees me now attest to a transformation that has happened in my life as a result of SOC. Prior to this time, I could easily be talked down on I always wanted to please people. I used to think I was an introvert but no! I discovered I am not an introvert.

Before, you could slap me and walk away I will even appreciate you for the slap but now, I live a more balanced life. I am outspoken and I am enjoying my confidence. I take steps I never thought I would have taken. Also, I keep healthier relationships now. No bored moments. This is not the best me but I am doing better.

Timidity and lack of self-love is a big disease you shouldn't even wish for your enemies. I smile more often now. Before I barely talked or associated with the rich because I thought I might eventually be pushed away or insulted. But now, I don't turn down an opportunity to associate with people of different statuses. I grab them with both arms.

Also, I was barely my real self because my parents sometimes say unkind words to me. But now I know better so what they say don't get to me anymore. I got to know that even the Bible recommends Confidence to believers. My life transformed the day I pondered on the scripture that says; "love your neighbor as you love yourself". In my own case, I had been busy last loving people.

How did I really love people when I had not first known how to love myself? What a paradoxical way of living! SOC really built me. My Spiritual life is stronger with Confidence.

LIONESS AYOGU CHIDIMMA FAVOUR
SOC2021017

TIMIDITY IS NOT INTROVERSION

I used to be an uptight person. I initially used to be an open person but as I was growing up, I began to close up. I became a shy person. I ignored some relevant steps I should take for my growth because I thought it was irrelevant.

Also, when I came up on Facebook and met people who were not confident in themselves and we're saying all manner of tales to justify their timidity and low self-esteem, I basically started accepting myself that this is who I am. I am an introvert and it's cool being one.

SOC really helped me. Confidence Doctor covered a lot of areas that were loosed in my life. After I attended SOC, I stopped having that belief that I need to be timid or to have a low self-esteem even as an introvert.

I will not say my life has been stable because I found myself trying to go back into my shell at some point but with affirmations, I am able to walk out of my past life. When I find myself fretting from talking to people, I still go back and talk to them because I am a Confident person now. It's great to be Confident.

LION EZENWANNE VICTOR
SOC2021011

CONFIDENCE IS NOT AGGRESSIVENESS

I am an introvert, a shy one. Butted with a terrible self-esteem. In fact, my self-esteem and confidence was below zero. Unfortunately, I had “friends” who made the bad case worse. Those friends called me names, and I believed I was ugly and weird. I could hardly speak up for myself.

It continued till secondary school where I missed lots of opportunities because of that. It still hurts now that I think about those abuses and maltreatment.

After Secondary School, I channeled that pain of the things I lost to aggression. I got angry at my family, God, myself. I did foolish things... but I wanted change badly.

And things did change when I met the Confidence Doctor. I'm still an introvert, but instead of aggression, it's now assertion. I love this new me, and the me I'm becoming.

Now, I can boldly go to the mirror and call myself beautiful. Now, I have boundaries (healthy boundaries) and let people know where the line has to be drawn.

This ride with self-esteem and confidence is one of the sweetest things I'm relishing, and I forever bless the day I met Mama.

LIONESS DORCAS FERDINARD
SOC2020005

BE A LION AND A LAMB

Your Mentor corrects you and you switch off for days!
The security men in your office are now eating words like "crazy, foolish" as food or should we talk about the way you speak to your parents?

You are not approachable, this doesn't mean you can't have boundaries, but can people approach you reasonably or do you think confidence means you should keep a stern face?

How do you make others feel when they are around you? Less of themselves? Or even less?

You are too proud to apologise when you are wrong. You keep losing friendships because you can't apologise when you are wrong. You are always right! See, the confident person makes mistakes; you are not less of a human being because you have confidence.

You comfortably disobey authorities and your mind keeps screaming "Confidence". No, that's not what confidence is!

You don't pray anymore, you are proud! Prayer is an offshoot of humility. Only humble people pray!

Turn your gaze to the right path, it's okay to be a lion and a lamb.

Be confident and humble.

This is who Jesus is.

This is who you should be.

From the desk of **The Confidence Doctor**,
Mmesoma Ilechukwu,
Director,
School of Confidence

EMBRACE YOUR PECULIARITIES AND GLOW WITH IT

I had difficulty in sustaining a physical conversation as a result of a discoloration I had on one of my tooth and a hole on my tooth.

I had been seeing my dentist to get my dentition fixed. I even underwent a composite filling but after the procedures, it went off after a short time. I underwent the process again after the first one went off yet the second one still went off after 2 weeks. I decided to leave my teeth that way.

But the 2 composite fillings I had done in order to have healthier teeth left my teeth in a worse state. My teeth were filed so that the feelings would be equal and since the 2 times fillings had fallen off and I no longer using any filling, my problem was worsened as my teeth were now looking so unequal!

Sometime later, I visited another dentist who told me I wouldn't have done a composite filling at first because it will constantly fall off. He even said my dentition was not really that bad. But after meeting the Confidence Doctor, she told me to find solutions for my issues but if I cannot get it, I should leave it.

I think I was actually exaggerating my dentition problem because even my husband and friends didn't notice this unevenness in my dentition. I had to embrace this aspect of myself into my "*fine-girlness*".

After attending SOC, I developed my confidence and I can keep through a conversation without any obstruction. I am calm while discussing with people, I flow so well, I am in charge of my conversations. Most times I even bring up the topic while other people flow along with me.

Sometime ago, I submitted my application for a job. On reaching there, I met the admin in his office and I was so free discussing with him. As a result, I got an invitation for the interview the same day.

On the day of the interview, the Managing Director walked in with 5 other Doctors. I was so scared! Like, must the MD come in with an Entourage of Doctors? I was able to calm myself down after sometime.

When it came to my turn, I went in and was interviewed. At the end of the interview, the MD said he was not employing me because I had better qualifications as there were more people with better qualifications than myself. But he is choosing me because I am Confident and Teachable.

I want to tell you that when you appear Confident, you appear correct! Your confidence introduces you even before you speak. No one is flawless in this life. Try to look for solutions to your flaws but if it is beyond your control, make it a part of you and glow with it.

LIONESS PEACE OBIOMA
SOC2021021

MY FLAWS ARE NOT MY REALITY

I used to have a low self-esteem and it was quite extreme. My insecurities were high. I didn't even know who I had a conviction that I have great potentials inside of me. I often felt my flaws were my reality, I was not perfect, I was a failure. All these negative feelings and lots more were my realities.

There is one phrase that has kept me going "Don't heart matters". I used to be a person that held on to her past. I kept pondering on my past and threw bad shades on myself. I saw myself as a bad person. But Confidence Doctor has taught me not to heart matters but to open up and tell everything to the Holy Spirit and the result I get from this has been great.

Confidence Doctor has taught me to be secured. I always felt I was not worthy of love and my imperfections we're me. Gosh! It was that bad but I am a better person now. With the help of the Confidence Doctor, I now horn my growth. I can now confidently say I used to be such a person but not anymore.

Lastly, you are reading this because I am a Confident person now. You will never hear my story outside because I felt unsecured sharing it with people but here you have it in your hands. I want you to know that your flaws are not your reality. I hope this inspires you.

LIONESS DIVINE ALOYSIUS
SOC2021028

NEVER CALL YOURSELF NAMES

Grab a seat.
Come close. Closer. Even closer.
I want to teach you something.

Hear me.

Never call yourself names in front of people.

I know sometimes it happens unconsciously but it's because of what you have allowed into your mind for a long time.

Don't try to call yourself foolish or whatever in front of people.

Why?

Because they are registering how to treat you with what you call yourself. They might not be aware of this but they will get comfortable calling you those things and treating you that way because you yourself don't respect yourself.

My name is Mmesoma and I am your Confidence Doctor.

CONFIDENCE IS DELIBERATE

Consumed by low self-esteem, I always felt I am not good enough. I felt like my story is not worth sharing. I felt people will never accept my message. I felt the world will no key into my capacity. These thoughts kept drowning me and I endured this for many years.

I grew up in a family where I don't have a voice of my own. My parents' words were final. People around me dictated what I do and how I do it. I had so many dreams but I was scared of so many things. I had way too much connection with my inner critic. I had always wanted to be a writer but I was too scared to write.

But when I came to School of Confidence, I got to understand that people will never believe in me until I believe in myself. People might not accept me but that shouldn't stop me from being me. Confidence Doctor made this statement I will never forget that; "confidence is not the absence of fear but the ability to step out in the midst of fear". So I had to accept myself and step out anyways!

There is never a perfect time to do anything. Just do it! Don't step back or delay your launching out. Confidence is Deliberate!

LIONESS HADASSAH OGBAJI
SOC2021023

I DESERVE BEAUTIFUL THINGS

I was not completely confident though I had a good measure of confidence. I withdrew back from many things and I preferred doing things in a way that is approved by others. I was not firm with my decisions because I danced to the tune of others.

I was walked upon because I accepted things easily. I wanted to make other people happy even at the expense of my own happiness. I never valued my opinion because I felt I was less important. But during my time in SOC, I got to learn that people will only value me base on the way I value myself.

Also, as a writer, I was not confident with my voice as well as my public speaking skills. I never knew people could actually listen to but I was shocked at the outcome when I decided to come out of my shell. During my sessions with Confidence Doctor, I was more confident and this gave me the courage to showcase myself and my works as a result, many of my stories and anthologies we're published on various magazines during that season.

To get out of your comfort zone jus be prepared for some discomfort. Previously, I was more of a passive person but now I value and love myself so much, gratitude is now an attitude to me. I even got myself a Beautiful apartment. It doesn't matter whether I am married or not. I deserve good things.

My Spiritual life has skyrocketed as a result of my sessions with The Confidence Doctor.

LIONESS CHRISTIANA AGBONI
SOC2021030

GRATITUDE JOURNAL

A gratitude journal is a book/diary used to write down positive things that have happened over time and things happening.

It is a book used to record and reflect on things that one is grateful for on a regular basis.

It's not just used when good things happen. Even in the face of a seemingly negative situation, one can decide to focus on the good part of the situation.

The importance of a gratitude journal cannot be overemphasized. It helps one focus on the positive things that have happened instead of focusing on the ones that haven't happened yet.

It builds confidence and helps to deal with low self-esteem. Being grateful for the things you have and writing it down in a gratitude journal will help a lot.

So every morning, you wake to read for yourself what you have written in your gratitude journal. The more you read it, the more you'll get to realise that it could have been worse but it isn't.

Having a gratitude journal builds positivity and optimism in the life of an individual; because the person is so used to writing down positive things on a regular basis, when negative things happen and people around are crying and panicking,

they're always trying to see the good in the same ugly situation and that makes them have a different approach to it.

From a standpoint of experience, I'll say that having a gratitude journal gives a person some level of peace of mind and calmness in the face of ugly situation that otherwise should tear them apart.

The calmness comes from knowing that there must be a single positive outcome from the incident and when it's noted, it's something to be grateful for and of course that will be written down.

I will conclude with this last example.

Few days ago, I wasn't in my best of moods. I had lots of things I needed to take care of. A lot was in my head. Both real things and the ones only in my imaginations. It got to a point that I was worked up by things that only happen in my head/imaginations.

I had no interest in anything at all. I picked up my gratitude journal and was just flipping through it and that helped me a whole. Some of the things (the very little things) made me laugh hysterically.

So having a gratitude journal is not just for the present. In the long run , possibly on a bad day, a gratitude journal may be all you need to feel alright again.

Lioness Obioma Peace
SOC2021021

I ATTEMPTED SUICIDE

I used to be that person that hardly speaks because of the several challenges I have been through. I have been hurt, I am a victim of rape, heartbreak and a lot of hurt feelings and series of traumas. Even when I tried to open up to the people around me, they often used my past against me. I attempted suicide once but God saved me. But when I came to SOC, my story started changing. The Confidence Doctor taught me that it is my responsibility to love myself.

During my childhood, I was so close and attached to my Dad such that I even forgot I had a mother, I loved my Dad so much! (Ha-ha! funny though). But a great tragedy struck me when I lost my Dad. His demise left a huge vacuum in my heart up till date. My Dad believed so much in me. The way he rewards me for every win I record was a great motivation for me. Losing him was a terrible occurrence!

After my Late Dad's funeral, I relocated to the West to live with my Aunt. My Aunt was so sad when she go to know that my Late Dad over pampered me. She got mad and beats me seriously at every slightest offense and this battered my Confidence because I couldn't even defend myself. But after I invested in my Confidence in SOC, my Confidence came forth. I hope myself a while lot, it's not pride its self-love.

Also, I was about to establish my business during that season in SOC but I was so scared. But Confidence Doctor helped made me believe in myself and go ahead and establish my business even though I am afraid. Yes I did launch out and it's sailing smoothly till date.

I am from a polygamous family so when my Dad passed away, I and my siblings were looking up to my Father's older children to sponsor our education and care for us as their younger siblings but they all failed us. I was not happy with them. I held a grudge against them in my heart.

But after my stay in SOC, I did not only start loving myself. I radiated this love on others as well. I have forgiven my step siblings completely and I love them more. As a result, I now serve as a mediator between my step siblings and my real siblings. They all call me to come and mediate when they are at logger heads and by God's grace; I help resolve their grievances amicably.

LIONESS EBERENDU RITA
SOC2020003

IT'S NOT ALL ABOUT YOU

Why are you delaying honoring that speaking engagement?

Why are you delaying publishing your book?

Why are you delaying going live on Facebook to share your knowledge with us?

Why are you delaying posting that content?

Who knows?

You are probably focusing on yourself,

You are focusing on your fears.

Is the value for you?

Who is it for?

If you were them, won't you value it?

Maybe that's the question you need to ask yourself. If you were them, probably you will value it.

You are feeling what you have to give is not good enough?

Maybe it will be good enough for those it's meant for.

Even if you are focusing on you, it should be to get more knowledge to serve the people you are sent to, better.

Just put yourself in the shoes of your audience, if you will find value in what you will share, then by all means, go ahead and share.

Stop withholding value because of YOU!

It's not about you.

It's about your audience.

It's about who you are called to.

The moment you shift the focus from your fears, you will deliver "fireeee"!

By
Mmesoma Ilechukwu,
Director,
School of Confidence.

MY LIFE IS SWEETER WITH CONFIDENCE

Though I was a bold person, I had fear for the internet and social media. So each time I think of putting myself out there, I feared that I may bump into people that are doing better than me. I was so frightened of the caliber of persons I will get to meet there. But in SOC, the Confidence really brought out the me I yearned to see. I can now seat boldly before my camera and even stream live. I was also scared of posting on Facebook and other social media platforms because I was afraid of getting low likes and no comments. The dear of having low engagement constrained me from posting. But now, this is no longer an issue. I confidently put up my content whether engagement or no engagements.

Prior to this time, I barely invested in my growth and development. I saw Self Investment as a waste of money. I never took courses and I barely bought books that will improve my life. But after I attended SOC, I don't sleep on my growth.

As a young Entrepreneur, I found it very difficult to place a price tag in my products. Even after placing a price on my products I will still beat it down because I was afraid people will say it's too expensive or I am too young to charge big. But with the training from Confidence Doctor, I confidently place a price on my products without reducing it to my detriment.

I had so many Confident issues but let's end with this one. In 2020, something tragic happened to me. It left me devastated and I almost committed suicide. But I just held on because I knew God. After the incidence, I kept having series of traumas but SOC, taught me how to be assertive and affirmative. I am no longer living to die. Each time I memories of this tragedy comes hunting me, I affirm strongly who I am and I am doing very well with Confidence.

My life is sweeter with Confidence. The greatest investment I have made in myself is SOC. In this school I got in 3 weeks what would have taken me 3 years to get.

LIONESS EGUAKUN VIVIAN
SOC2021037

HOW DO YOU AFFIRM?

Affirmations are beautiful.

But have you tried affirming in conformity with the word of God?

Matthew 25:35(kjv):

"Heaven and earth shall pass away, but my words shall not pass away"

God honours his word.

Whatever your issue is, affirm in line with what the word of God says about it.

The same way praying in conformity with the word of God is very effective.

Affirming yourself in conformity with the word of God is effective too.

Have you tried it before?

Will you be trying it?

By

Mmesoma Ilechukwu,

Director,

School of Confidence.

I AM NOT GOOD ENOUGH

Prior to the time I registered for SOC, life was Terrible for me. I actually used to think it I am not good enough, I am not beautiful enough and the world won't accept me. Though I knew that I have great potentials. I knew I was smart but these thoughts kept holding me back from being my real self.

It was too bad such that I decided to leave my comfort zone and search for help. I'm so excited, I am so grateful for this decision because I got the best help I needed from the Confidence Doctor. After my training in School of Confidence, I noticed a massive difference in me. I was so shocked when I found myself doing things differently. I had to ask myself; "so Favor, you are actually this bold enough to speak out?" Gosh! I can now tell someone how I feel assertively without being unnecessary aggressive. Honestly, I am so grateful for this change.

LIONESS OBIANUJU AMADI
SOC2021035

DENIAL HELD ME CAPTIVE

I was a victim of denial; I suffered denial from my family. It was actually a tough one for me right from my teenage till when I graduated from the University.

I am the last child of my parents with many older siblings. My older elder siblings were all grown-ups and were living on their own but they do call to check up on my parents. At such times when this call, they will never ask after me. They never cared to know how I am faring or thought of Caring for me as the last born.

This continued for years and even when they come visiting home during festive seasons, they don't even buy something back for me as the last child in the home. Thank worse was that my parents will not buy me anything either. I do cry out bitterly but my Mum will console me and tell me not to cry. She will advise me to cover them up.

Some years later, I had an admission to study Nursing Science and I left home to school. Even there in the school, my Elder siblings never cared to support my education. I never received anything like pocket money from any of them even though I am the last child.

All these continued yet I strived on till I completed my studies and graduated. Even after my graduation, none of my family members welcomed me home as their child who just graduated from school.

No celebration, no joy on their faces to have me back home. It was as if I was abandoned.

This denial held me captive in bondage. I was not being my real self because I allowed the hurts to get into me. But I am glad all these things had to happen to make me strong.

Today, I now look back at it and call it past. I have forgiven everyone in my family and I am confidently living a good life. I now handle my challenges alone without seeking for anyone's help. I am grateful to God for all I have been through. I don't look like it at all.

OBIOHA CHIMEREGO FELICITA
SOC2021026

REGARDLESS OF YOUR PAST, YOU CAN BE GREAT WITH CONFIDENCE

My Name is Elizabeth, I was a victim of child sexual abuse by a neighbor. It happened when I was 10years old, I and my Parent lived in a one room apartment (commonly called "face me I face you in Lagos").

A male neighbor who is married usually called me especially when my parents are not around, most times he comes into the room where I and my parent stays and he will begin to touch all the sensitive parts of my body, I could not resist him because he is stronger than me. This continued for months, I could not tell my parent as a result of fear of dying because the neighbor threatened me that if I should tell anyone, he will kill me.

As a result of this, I grew up with the mentality that all men are the same in the sense that they like to abuse females sexually and I avoided everyone especially male classmates. In fact I began to develop hatred for males generally. It got so bad that I avoided my female friends that kept to male friends, and this affected me badly when I first got admitted into the University. I had low self-esteem, self-hatred and inferiority complex. Had it been that I was a Confident person then, I would have been able to speak out and be free quickly from his grip.

Also as I was growing up, my parent do rain curse words on me, I do feel worthless anytime they rain curses on me and I am the type that do keep words at heart, I would be ruminating on those words and I was actually behaving like those words.

Had it been that I was a Confident person then, I would have built a wall around my heart and not let their words get at me. I would have affirmed myself with positive words. But that notwithstanding, I am living a better life with confidence today. Free from traumas and I spread the aura of confidence and positivity around me.

This is my story, I hope this inspires you that you can also be confident, you can be have an healthy self-esteem and you can still be great regardless of whatever has happened to you in the past.

Lioness Eric Elizabeth Oluwadamilola
SOC2021028

LACK OF CONFIDENCE BROODS FEAR

I grew up from a middle class family and was the last fruit of the mother's womb.

I schooled at my village from early child care to junior class level. I was an academic student, after the end of every term either I go home crowned with first position or second position.

I was thinking I have everything complete until I went to boarding school for my senior secondary. I still maintained my academic prowess, always first in class but something was missing, I was not confident in my abilities.

While as boarder our school initiated, every morning speech which falls randomly, I had the stage fright to present but luckily for me I never reached my turn till we graduated.

I joined the school debating club but unlucky for me I skipped most of the activities because then I was thinking that I don't know how to speak English fluently or that my choice of words might not be good enough.

Due to lack of confidence, it escalated to fear to some extents. But I later promised myself to go what I seem hard. Also, I find part of my muse in writing, which I had a natural flair for.

I like learning so I can improve my public speaking, then I joined the school of confidence to get what it takes to unleash all these.

SOC dawned it on me that I had lots of potentials. But I gave a purse to pursuit of fluency and others because of my career (law student). Moreover, I am gradually exploring the values I got in SOC.

LION JOHN ANIEROBI
SOC2021006

CONFIDENCE HAS NOTHING TO DO WITH UNFORGIVENESS

Actually, before I got enrolled into the school of confidence there was an issue of unforgiving spirit even though am at fault.

But while going on with the course it dawned on me that cultivating a spirit of confidence has nothing to do with unforgiveness.

Honestly, I was accused of a smartphone by my uncle so experiencing such made me decide never to work for any of my relations.

Also, I wrote the names of those who have offended me on a sheet of paper.

Getting it turn wiped off all my offenders and also gave me this relief of being at peace with my God. Indeed school of confidence has been a blessing not only to me but also to everyone who got enrolled.

LION EZUGHA ANSALEM CHIMA OBI
SOC2021019

CONFIDENCE APPRECIATES GROWTH

I'm Delight aka Princess Collins, I was blackmailed by a trusted friend years ago so I dreaded seeing him in school. Hence I avoided so many functions that would make us jam. Sometimes, if I coincidentally run into him we'll snub each other. I shared it with confidence doctor then, she could relate, shared some useful tips.

I couldn't overcome the fear immediately after the training. It was many months later, the Holy Spirit and some Holies of Holies war friends addressed the same issue again. They were like how will I deny myself spiritual blessings that I'm supposed to receive in such programs cause I don't want to see him.

I summoned up courage & began attending those programs again. I saw him at 2 different fellowship sendforths I attended in my school. I confidently waved to him on the 1st one, while the 2nd one he was the one that called my attention. Then i confidently walked to him, exchanged pleasantries looking at him eyeball to eyeball and left with confidence coupled with the fact that i was graciously dressed those 2 times he saw me.

I could see amazement written all over his face because this isn't the Delight he used to know that was full of timidity, low self-esteem & inferiority complex. A lot had changed about me just in a space of over a year of us not communicating.

After he blackmailed me in 2020, i drew closer to God, invested heavily on personal development such as buying over 3 dozens of books and reading some of them, monetizing my special gifting which I have never done before & lastly registering for different online trainings such as SOC amongst others, which was like a tripod stand to hold others.

Ever since then inferiority complex and low self-esteem disappeared. And i became more addicted to God, personal development & seeking financial freedom via my special gifting which has automatically made me a balanced Jesus babe so far.

LIONESS DELIGHT COLLINS ONYEDIKACHI
SOC2020004

GROWTH IS SELF LOVE

Dear you,
True love appreciates growth.

You can't claim to love a thing and not desire its growth. When we talk of self-love, don't always think it's all about treating yourself to something nice, taking breaks when overwhelmed, keeping healthy relationships, etc. It's also about GROWTH.

How can say you love yourself but you haven't made any investment in yourself since this year alone?

No courses, books, coaches, mentor etc. Like, how?

How come you are still where you were last year in your business? Sister, how come you haven't learnt how to do other domestic chores?

Your spiritual life hasn't experienced any growth at all! You are still masturbating and getting involved in other sexual sins, in fact, sin in general?

As a student, your results are still on the "pass" level. No distinctions?
Why settling for less?

Plenty bad habits that you are preparing to take into the next year and you claim to love yourself?
See, pampering your mediocrity isn't self-love.

You see that your "self-love", cross check it now my dear.

**Mmesoma Ilechukwu,
Director,
School of Confidence.**

LET GO OF THE PAST TO SEE THE FUTURE

I was born a smart enthusiastic child. All my childhood I had spent with my immediate family and of course and my Confidence was well fueled by my Mum. But things later changed when I relocated to live outside my family for my Secondary School. Each phase of my growth living outside my Mum thickened me. I endured denial and maltreatments that later battered my self Confidence to a very low self-esteem, fear and depression.

Amidst all these, I still strived to be me. But the last straw that broke the camel's back happened when I was offered a scholarship to become a Boarding student in my school because of the value I was adding to the school. It was great news to me since this had been my long time prayer request. I later embraced the opportunity and went into the dormitory the following term.

That same term, I became the Senior Prefect of my Prestigious College. It was not an easy one though. It was a serious battle for me because many people I trusted betrayed me. Teachers slandered my reputation just to deprive me of the position. I got to know that the people I called friends back then were all pretending to love me. After the whole saga, I outshone every other candidate contesting for the position. I was given the position and this was the beginning of the battle.

My Principal who awarded me this scholarship started hating me, I think that was as a result of the lies she heard about me. Yes I knew I was hated but I didn't let it stop me from being me. She talked down on me, she complained over every little mistake I made even in public. Within a very short time, I became so afraid of her and avoided seeing her.

I graduated a star but I had been trampled on by many teachers I looked up to as models. Although I received countless apologies from both teachers and fellow students on my graduation day, I still lived with depression and low self-esteem even after leaving school.

I felt insecure around the rich because of how unfairly I had been treated. I hated myself for not being like the people around me. I hated myself for the family I came from. I spent 2020 in regret and depression. But October 2020 during my Birthday celebration, I made a resolution to look for me and be me irrespective of people's opinions. Yes, I began to invest in myself intentionally. All was going well but I won't deny the fact that I still was not comfortable with being me. I still struggled with accepting myself.

I had been following Confidence Doctor for sometime so when she asked me why I didn't register for SOC, I didn't pretend I was Confident enough. I knew a part of me had been battered.

I registered in SOC and from my first session with the Confidence Doctor till the last has been a great force of transformation to my mind, Spirit, Soul and body, I let go of the past in order to see the future and I erased everything the inner critic whispers in my ears.

My smart enthusiastic self has returned. Even the blind can see my Confidence. I love myself, I feel good about myself. I value and esteem myself. Oh! I know you will be thinking that I'm too selfish since all I do is for me. No. I am not just living for me. I help you Discover, YOU refine and align you to the real YOU. I don't want any Teen or Youth out there to suffer in Self destruction like I did before my encounter with the Confidence Doctor in the SOC Clinic.

To you reading this now, don't let your past experience define your future. You are a big asset to humanity; you were born with lots of potentials to impact your world. Don't drown in self-destruction because of what people say or feel about you. Let go of the imposter syndrome and live up to your full capacity. We want to feel your impact.

SOC is a big blessing to me. Confidence Doctor is not just a title. God cures and heals Confidence issues through her.

Lioness Esther Peter Tom
SOC2021029

IN YOUR OWN EYES: THE SELF-CONFIDENT LIFESTYLE

Picture this scenario;

Mercy is preparing to go to the market to get some food items. She is pressed for time and just wants to dash in and out. Favour comes along and asks if Mercy can get her her body cream from the shopping mall. The mall is a different street from the market, like North and East apart, it's always crowded and Mercy will definitely run late. But, Favor is her best friend. Mercy's thinking gears are in motion.

If you were Mercy, what will you do? Your answer will determine how you see yourself in your own eyes.

Daily, we are confronted with diverse circumstances in which we must make choices. Not choosing to make a choice is a choice already. So, this isn't about choosing yourself or not. This is beyond that, as choosing yourself always will result into selfishness, but I digress. The bone we are laying bare in this piece is confidence. Are you self-confident or not?

Simply put, self-confidence is self-assurance. A feeling of certainty. So simple yet complex for a lot of people. You mention self-confidence and people blow it out of proportion.

Being self-confident is not being egotistical and proud.

It's not putting on the air of self-importance or cloaking yourself with superiority while your shoulders are hunched up with your nose in the air; that would be having an inflated self-esteem, a heightened sense of overblown ego, this is not self-confidence.

Being self-confident is not by demeaning yourself so others won't feel intimidated by you. It is not hiding your light under the bushel because you are scared if it shines so bright, it will burn others, and it is certainly not remaining in one corner of life because you feel venturing out will show your weaknesses and make you fail. This is low self-confidence and a form of pride too.

Self-confidence is the ability to communicate assertively, handle criticisms positively and set realistic goals. It is the unshakable belief that makes you rooted in yourself no matter the circumstance. It is the steady assurance of who you are at the core. Having high or low self-confidence is not about your actual abilities but your perceptions; about yourself, others and your environment. This is the crux of the matter. How do you see yourself?

Do you value yourself? How much do you value yourself? If you don't value yourself, you become like a shaft that goes where the wind blows it. Your life is a gift that needs to be handled with care, but by choosing to let anyone and everyone control it, you

disrespect the giver, your creator. Low self-confidence is a slap on the face of your creator.

True, negative self-image could arise from previous experiences, making you jaded or bitter. But it's up to you to change the narrative, for you see; in the long run, you face the brunt of what you've buried under the carpet. You must dig deep into why you behave the way you do; aggressively or passively. Then you choose assertiveness.

If you find it hard to say no to people, and curl into yourself after every mistake and failure, check yourself. If you cannot push yourself to achieve better or take meaningful risks, check yourself. If you find yourself constantly trying to defend your actions or put others down, check yourself. If you feel everyone must take your advice, and that everything must be perfect, it is time to check yourself and adjust.

Developing self-confidence comes from realizing how valuable you are, knowing that you matter. Then you take your time to review all your previously preconceived notions, biases, prejudices and perceptions and develop the necessary patience to strive for balance at every phase of the journey.

Now, from our above scenario, Mercy has two options either to agree or refuse. The way she agrees or refuses is what will reveal self-confidence or not. Will she go passive, or aggressive, or will she go assertively?

Remember, the goal is not inflated ego or low self-confidence; it is self-confidence. ***Confidence is not, they will like me, it is; I will be fine if they don't.*** You are you and there is nobody in the world like you. So be confident in you.

Lioness Esther Peter Tom
SOC2021029

Dear Reader, it is up to you. I believe you can relate with some experiences here. Your confidence is not something you should joke about.

Confidence is deliberate. Its up to you!

Confidence begets confidence. You cannot give your children the confidence you don't possess

You can do better with confidence.

Note: there is a big difference between being confident and thinking you are confident.

School Of Confidence is a special hospital that specializes in curing and treating your confidence and other confidence related infections.

In School of Confidence, we sew the fabric of Confidence. Wear the fabric of Confidence today and you will never go naked!

Do you need more information about registering for School Of Confidence?

Kindly reach out to us via the means below and we will respond to you immediately.

info@schoolofconfidence.com.ng

sofconfidence@gmail.com

www.schoolofconfidence.com.ng

+2349032971540

Book edited by LIONESSE DORCAS FERDINAND

ABOUT THE BOOK

Confidence is beyond a mere 10-letter word. It is an integral aspect of a man's life.

Everyone was born with a significant measure of confidence, but very few people sustained it while majority of the world's population had theirs battered.

What is your expertise without confidence?
What is your qualification without confidence?
What is your intelligence without confidence?
What is your beauty without confidence?

If you must dominate in your sphere of influence and beyond, confidence can not be written off. Confidence is a beautiful fabric everyone should wear.

CHRONICLES OF CONFIDENCE is a book that will bring you out of your comfort zone of low self-esteem and timidity and make you find your new comfort in confidence.

This book tells the story of people who once had a battered self-esteem but are now moving on to dominance with confidence.

Recommend to friends and young minds to help them unleash their bound giants and transform their confidence towards greatness.



Compiled by:

Lioness Esther
Peter Tom

Mmesoma Ilechukwu
Director, SOC

