#### MMESOMA ILECHUKWU



THE DAILY CONFIDENCE BOOSTER

FREE

### MY CONFIDENCE BESTIE

(The Daily Confidence Booster)

Mmesoma Ilechukwu

#### Copyright © 2024 Mmesoma Ilechukwu

All rights reserved.

No part of this book may be reproduced, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without express written permission of the publisher.



I celebrate you for picking this book. You have taken a step towards building a healthy confidence level and I am absolutely proud of you.

I bet you know confidence is belief and self-confidence is belief in yourself and in everything that makes you who you are. Everyone is different, even twins, so your belief in your uniqueness is exactly what confidence is.

Reading through the pages of this book will help you discover if you really lack confidence and how you can build it daily.

I'm so glad this is another step in the right direction for you to be even more confident in yourself.

With confidence, you can take on the world and having this Confidence Bestie as a guide is your best gift to yourself yet.

Enjoy!



## What Exactly Confidence Is

Confidence is not everything but it is that "one thing" that distinguishes you from the crowd. I tell people confidence is like the polish that makes the content shine. Whether what you have is big or small, confidence makes it shine. A confident second-class lower graduate stands more chance to get better jobs than a timid first-class graduate does because confidence makes the difference always.

However, this doesn't mean that you should neglect hard work. It just means you should have this one thing – confidence -amongst other things you are gathering. Being confident when you have nothing upstairs is like a beautiful container with stagnant water as its content.

Confidence is a crucial part of everyone's life. Your journey of confidence begins from childhood. Everyone was born confident until life's challenges begin to affect it.

Part of your struggles as an adult started from childhood. As a child, your parents, school etc affect your confidence level. No one was born timid, not even an introvert. In fact, as an introvert, you were born reserved yet confident. So, if you feel you are no more confident, you have to find out what the issue is and where it stems from.

In School of Confidence, I help my clients with this because I understand that a problem identified is half-solved. You see, many people don't know exactly what the issue is or maybe they do but it's not true. An example is thinking you lack confidence because you don't have money and influence; meanwhile, your lack of confidence comes from your limited mindset and background. Also, your lack of confidence could come from self-hatred but you think it's because your "friends" hate you.

In reality, no one lacks confidence because he or she doesn't feel loved. If you feel unloved, do you hate yourself? Of course, you don't because you have an assurance of God's love and self-love. Your confidence comes from God and yourself first. External validation is just extra.

Self-esteem is connected to confidence. In School of Confidence, I teach my clients the difference between confidence, self-esteem, self-worth and courage but I will just like to dwell on confidence and self-esteem. Confidence is beliefand self-esteem is how much you regard yourself. You cannot believe in what you don't regard (honour, value). An example is that you regard Cod as one before you believed in him. You believe a pen can write after you've regarded it as one. You believe a doctor can treat you after you've regarded him as one. Therefore, when it comes to you, you have to change the way you see yourself for good in order to be able to believe in yourself.

Self-esteem comes before confidence. In the School of Confidence, we make sure we take these things step by step. We help our students to start seeing themselves rightly before we start talking about confidence

Confidence is supposed to be worked on daily. It's what you desire every waking hour of the day because a lack of it can ruin your everyday life. Any habit you want to build starts from repetition. When you repeatedly build your confidence, you'll enjoy the benefits.



Chapter 2

#### **Misconceptions about Confidence**

There are quite a number of misconceptions about confidence and this has had a negative toll on several people. Let's look at some of them and how we can have a change of mindset going forward:

- 1) Confidence is Inherited: It's so amusing to know that many people think confidence can be inherited by blood. Your mum being confident does not automatically translate to you being a confident child as well. If you feel your parents are confident and you are too, it could be mere coincidence or intentionality on your part. Confidence isn'ttransferred by blood neither is it automatic. Confidence takes a conscious effort to build. Confidence is not inherited, though it can rub off on you. If you continually stay around confident people, you will find yourself easily smashing your fears and being better.
- 2) You Fake Confidence to Become Confident: Many people believe they can fake being confident. Why fake what can be real? I think what people call "faking confidence" is actually courage. Courage is fearlessness, daring etc. If you continually push yourself to smash your fears, that's not faking it. One way to build your confidence is to do what you are afraid of doing. Your acts of courage improve your confidence.
- 3) Confidence is Public Speaking: The fact that you do public speaking so well doesn't mean you are confident. Confident people do public speaking excellently but public speaking is not absolute confidence. Everyone should learn public speaking. Whether confident or not, you need to learn the art of public speaking.

I've seen several public speakers who are only confident on stage while a greater level of their lives lacks confidence. They perform well on stage but have a negative attitude to life. They get back home and keep toxic friendships, hate themselves, compare themselves to others etc. It's therefore safe to say that confident people should do public speaking well but it doesn't end there as that's not all there is to them

- 4) Confidence is Pride: Sadly, many people think confidence is pride, forgetting that belief in oneself doesn't mean arrogance. Confidence considers other people's confidence too. You don't need to put off others' candle to light yours. As a matter of fact, pride is an off shoot of low self-esteem. Why put others down to feel good about yourself? Confidence also is not crazy about being on the spotlight, pride is. Confidence is not always loud, but pride is mostly loud. Confidence recognizes the place of God, pride doesn't. Confidence is what the Biblical David had while pride is what Goliath had.
- 5) Confidence Is Same All Round: This is indeed a misconception about confidence. Your confidence in cooking is not your confidence in driving. Generally, a good aspect of your life should depict confidence like your belief in yourself, your friendships, your drive towards your goals etc. But there are other optional areas that your confidence is not equal like sports, singing, dancing etc.

Chapter 3

#### **Signs Indicating you lack Confidence**

It's amazing to know that many people lack confidence and may never know they do. It's not a crime though but really, no one should take pride in ignorance. Why would anyone lack confidence and be comfortable with such reality? If you know the signs indicating you lack confidence, you would make conscious effort to work on building and sustaining it.

#### **How to Know Whether You Lack Confidence**

Signs or symptoms tell if you are sick or not. If you start experiencing headache, fatigue, high temperature etc., you know it's probably malaria and you make moves to combat it immediately. In the same vein, the following signs tell whether you are confident or not:

- 1) **Negative Self-talk:** The same way you have conversations with others is the same way you have conversations with yourself. What are the words you say to yourself? Do you say words like "I am terrible", "I can never do anything well", "Everyone is better than me?" If you do, that's a sign that you lack confidence. Some people call themselves unprintable names too. That is also a sign that you lack confidence.
- 2) **Comparison**: If you are in this web, it shows you lack confidence. Everyone is different. You may not be rich but you are beautiful. Everyone has different grace.

You can't shut your eyes to your goodness and open your eyes to others' blessings. Comparison is your greatest enemy. Comparison makes you become a mixture of different persons in one. Embrace your originality. If it's hard, you need help.

- 3) **Self-sabotage**: Do you shoot yourself in the leg? You desire something but you don't engage in habits that make it possible to get it. You want a sponsorship but you allow procrastination to hinder you from preparing a plan to reach out to sponsors. You need to deliver a presentation but you focus on how you will mess up. If this is you constantly self-sabotaging, then you need help.
- 4) Inability to Express Yourself: Do you struggle with public speaking, having conversations and being assertive? Then you lack confidence. You don't need to be a "public speaker" to speak well, everyone needs to learn this skill. Whether introverted or not, you can't run away from public speaking and conversations forever. Life creates such opportunities always and you have to deliver.
- 5) Lack of Boundaries: My book, "Establish the Fences" talks about the importance of setting boundaries. Just like a fence helps you to restrict people from getting into your house, everyone needs boundaries to carefully choose who deserves to be in their space. You can't afford to say yes to everyone. You can't afford to allow everyone into your space. A life without boundaries is a life of disaster already. Do people do just anything with you and get away with it? It's a sign you lack boundaries and that stems from a lack of confidence.

6) **Being Obsessed with Validation**: Confident people are not crazy about being accepted. They boldly express their uniqueness. They stand out but the opposite is it for the timid person. The timid person wants to belong. They never have a mind of their own. Rather, they are easily tossed about by different opinions. This is a sign that you lack confidence in yourself.



Chapter 4

#### **Daily Confidence Booster Guide**

Welcome to this part of the book where I will be sharing with you how to boost your confidence daily. Remember there are long-term ways to get better with your confidence and there are daily ways. Confidence requires daily efforts. You build confidence daily with high level of intentionality.

Let's get right into them.

- 1. **Praying**: Be committed to praying about your confidence and self-esteem every day. Don't leave your house without praying and asking God to take over your confidence and self-esteem. An example of such prayer is: "Dear Lord, thank you for me. Thank you keeping me alive today. Thank you for the life of purpose that I'm living. Help me to love my originality. Help me to accept myself. Deal with my insecurities. Give me an unshakable confidence. Help me to channel my thoughts right. I receive grace to remain grateful and deal with comparison. May I start seeing myself the way you see me. Let your words echo more than the words of men in my life. So help me God. Amen."
- 2. **Expressing Gratitude**: You can use a gratitude journal to be intentional about it. Get my book "Self-care Journal" it contains a space for gratitude journal. Gratitude sets your day in a good tone. You become more positive with gratitude. You avoid comparison with gratitude. Low self-esteem fears a grateful person.

- 3. Reprogramming Your Mind: Before you step out, picture what you want to be. Picture how you want to go. See yourself achieving your goals. See yourself living confidently throughout the day. Anything you cannot see in your mind especially through God's word (if you are a Christian), you cannot have it in your world. Your mind is a powerhouse. God cannot function more than you can see. Remember as a man thinks, so is he. Jesus himself didn'tdo miracles beyond people's belief. Let your mind work for and not against you.
- 4. **Letting Go of Hurts**: Get a paper and write all the hurts and lapses from yesterday. Write all your offenders and hurts, then tear and trash. Forgive yourself too. This is beyond a physical exercise. You should tear and trash it with your heart involved. Do a detox.
- 5. **Practicing Affirmations**: After you've done stage 3 and 4, say positive things to yourself. Get a paper if you can to be intentional. Draw a line in between. On the left side, write all your issues with confidence and selfesteem and on the right, write the opposite. An example: I am shy; I am confident. Another is, I am afraid to achieve my goals; I am confident to achieve my goals.
- 6. **Appreciating Yourself:** What have you done well over time? What are those things you like about yourself? You can set an alarm to appreciate yourself about these things. You can also reward yourself with gifts.

- 7. **Wearing a Smile:** This is an asset in your confidence journey. It doesn't only make you appear more confident, it also makes your muscles relax in times of tension.
- 8. **Dressing Well**: Put efforts into your dressing before stepping out. Wear colours that suit your skin. Wear the right outfits or uniforms for the occasion. Dress how you want to be addressed is not cliché. People judge you first by what they see. Don't look less than you feel. If you feel confident, look confident!
- 9. **Self-pampering**: It could be something as little as buying ice cream for yourself in the day. It could be paying for a course like the Basic Confidence course for 20k, Self-esteem Formula course for 10k, Executive Confidence course for 40k and Recovery clinic for 6k. You can also buy books and feed your brain. Get any of The Confidence Doctor's books for yourself. You can find them on the last page.

I am confident that you will find these daily confidence booster tips useful. Do well to practice them and see your confidence level go from nothing to something worth being proud about.

I have seen results from my clients and myself, so if you are intentional, you will get results too.

Do well to get back to me with your testimony.

## WHAT PEOPLE ARE SAYING ABOUT SCHOOL OF CONFIDENCE

"SOC came through for me, it didn't disappoint. The coach isfirm, friendly and dedicated to help you reach your goal. She had personal tips to help as an individual not a fire brigade, all-size-fits-all approach."

#### **Lioness Margaret Aikins**

"I am naturally a shy person and don't like the spotlight but because of school and other opportunities, I have been able to come out gradually but I wanted to be more, bold, courageous and be able to say no when I want to. So, I registered for the BCC course and it made me realize that if I'm not confident I won't be able to fulfill God's purpose for my life and then it changed everything."

#### **Lioness Oyaseiye Precious**

"I learned how to identify and build on my strength, how to set healthy boundaries, communicate assertively, filter people's opinion about me and gratitude journaling. One thing stood out for me in this course which is that it has a holistic approach as the coach doesn't just talk about practical steps but emphasizes on relying on God."

#### **Lioness Choosegold Udoudo Peter**

"The journey to becoming the most confident person you'll ever be can only be gotten at the School of Confidence. The gift of an amazing coach made it easier to go through this journey, wounds long forgotten were healed, challenges were dared, forgiveness took place and I became a lighter version of my best self."

#### **Lioness Nmesoma Esther Ilechukwu**

"The School of Confidence came in at the time I needed it the most; dealing with low confidence at my work place, failing at my first interview.

I can say this has changed now. I have learned to speak up for myself, be assertive and look people in the eyes more. Thank you very much, Coach Mmesoma."

#### Lioness Olajumoke Odeniyi

"As a child, I struggled with having a healthy self-esteem which affected my confidence level. I had a lot I wanted to do and loved to do but I was afraid I couldn't because I felt I wasn't worth it. School of Confidence helped me to heal from the injuries that affected my confidence including forgiving myself and practicing the habit of gratitude."

#### **Lioness Chisom Favour Egwuatu**

"SOC has impacted me in so many ways, such as self-love, loving God, being grateful, and forgiveness (I cried during the healing process, when I thought I had no hidden pain). I am free. I am confident, courageous and I have to remain humble as I climb the ladder of success."

#### **Lioness Dan Ememobong Ime**

"Each session has an objective plus, an extra class that teaches you how to become successful as a confident person in business. I sailed through the course in about I month because it was sectioned into digestible modules that kept me curious to learn more. My self-esteem level has improved drastically as well as my self-confidence and I've taken up a new interest in engaging in my social media space. Thank you, Coach Mmesoma Ilechukwu, the Confidence Doctor"

#### **Lioness Ofoha Honour Okeoma**

#### **Our Courses in School of Confidence:**

#### 1. Basic Confidence Course: 20k

**Highlights:** 

3 weeks Group Coaching Program
Foundational Confidence Building
Recovery Clinic- N3000 not N6000
Self-esteem Formula Course- N5000 not N10,000
Certification of a Lion/Lioness
Access to join SOC ALUMNI FORUM

#### 2. Executive Confidence Course: 40k

Highlights:

1 month and 3 weeks Private Coaching
Basic Confidence Course
Advanced Confidence Building
Recovery Clinic- free not N6000
Self-esteem Formula Course- free not N10,000
Certification of a Lion/Lioness
Access to join SOC ALUMNI FORUM, EAGLES &
FALCONS VILLE and KINGS & QUEENS CASTLE

**Note**: Basic Confidence Course and the Executive Confidence course run in batches. For each year, they are held only in January, March, May, July, September and November. Registration starts in December, February, April, June, August and October.

For now, you can register for the BCC and ECC before 29 February 2024. Classes start on 3rd March. All these courses are hosted on the website www.schoolofconfidence.com.ng. Once you pay, we register you and give you log in details.

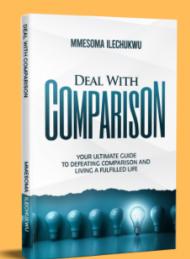
Pay here: 1025613150 School of Confidence, UBA and send proof of payment to 09032971540.

- 3. **Self-esteem Formula Course**: Price is 10k. Skyrocket your self-esteem to a 100%. Get a course completion reward on public speaking. This is a recorded course with 8 modules and tasks assigned to them. You watch at your pace and get a certification of a King or Queen and join KINGS AND QUEENS CASTLE (A community in School of Confidence).
- 4. **Recovery Clinic**: Recovery Clinic is a 2-day practical live session on a closed Facebook community. Replay is available. This course will help you recover your original, deal with self-doubts and imposter syndrome, overcome envy, discover yourself, get back to mental wholeness and many more. You also get Certification of an Eagle/ Falcon and access to join EAGLES AND FALCONS VILLE. Price is 6k.

Pay for any here: 1025613150 School of Confidence UBA and send proof to 09032971540.

# MY BEST SELLING BOOKS HERE!

E-BOOKS



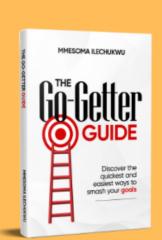
-2k



-2k



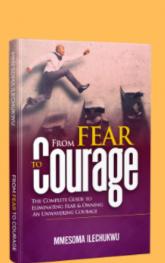
-2k



-2k



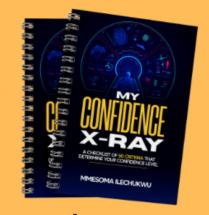
-N2500



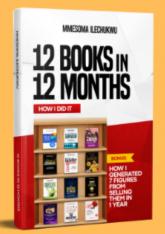
-2k



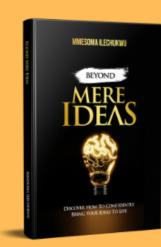
-4k

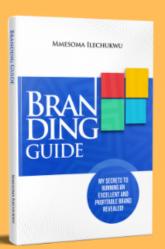


Hard copy-2k Soft copy-1k



-3k

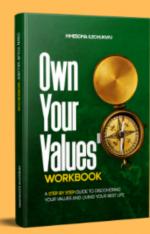




-3k



-1k



-2k



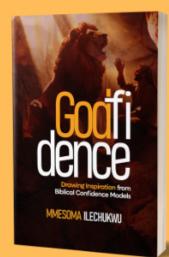
-1k



-2k



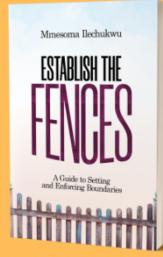
N2500



N2500



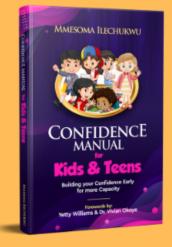
-2k



N2500



Hard copy



Hard copy

-6k

-4k

Pay into 1025613150, School of Confidence, UBA and send proof of payment to +2349032971540.

# CONNECT WITH TCD ON WHATSAPP Here

#### **CONNECT WITH TCD ON FACEBOOK**

#### **Here**

#### **CONNECT WITH TCD ON INSTAGRAM**

#### **Here**

