



Self Confidence Formula

By Napoleon Hill

There are no limitations to the mind except those we acknowledge Both Poverty and Riches are the Offspring of Thought.

- 1. I know that I have the ability to achieve the object of my definite purpose in life. Therefore, I demand of myself persistent, continuous action towards its attainment and I here and now promise to render such action.*
- 2. I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality. Therefore, I will concentrate my thoughts for thirty minutes daily upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.*
- 3. I know through the principle of autosuggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it. Therefore, I will devote ten minutes daily to demanding of myself the development of self-confidence.*
- 4. I have clearly written down a description of my definite chief aim in life, and I will never stop trying until I have developed sufficient self-confidence for its attainment.*

5. I fully realize that no wealth or position can long endure, unless built upon truth and justice. Therefore, I will engage in no transaction which does not benefit all who it affects. I will succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I will induce others to serve me, because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me, because I will believe in them, and in myself.



If you think you are beaten, you are,
If you think you dare not, you don't
If you like to win, but you think you can't
It is almost certain you won't.

If you think you'll lose, you're lost
For out of the world we find.
Success begins with a fellow's will—
It's all in the state of mind.

If you think you are outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN