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# Implementation GUIDE

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12 times International No.1 Bestselling Author  
2021 Canadian Presenter of the Year

THINK  
Yourself®

**CONFIDENCE:**  
**CATALYST TO MOBILIZATION**  
BE YOUR BEST UNDER PRESSURE,  
STEP UP & THRIVE THROUGH CHANGE

**IMPLEMENTATION GUIDE**  
*Key Elements and Reflections*

**SECTION 1 - WHY CONFIDENCE?**

We have faced many changes in the past four years.

**SECTION 2 - BACK TO “NORMAL”**

We need to equip ourselves with tools to continue to be confident while living in fast-pace world and facing on-going changes.

**SECTION 3 - CONFIDENCE:  
CATALYST TO MOBILIZATION**

- Studies reveal that 85% of people lack self-confidence in at least one area of their life.
- 2.5 hours per day are lost in emotional drama.

**SECTION 4 - BRAIN:  
LOGICAL AND UNCONSCIOUS MIND**

- The logical mind can handle between 5 and 9 elements at a time.
- The unconscious mind can handle over 2.3 million elements per second.

**SECTION 5 - BRAIN:  
YOUR PERSONAL ASSISTANT**

- Your personal assistant’s job is to make you right about what you say and think.
- Tell your personal assistant what you want, not what you don’t want.
- Confidence starts with the way you talk to yourself.

**SECTION 6 - BRAIN:  
A FEW FACTS**

- An adult brain has on average 7000 billion cerebral connections.
- How many thoughts do we have per day? Between 50,000 and 80,000.
- Studies reveal that 70% of our thoughts are negative.

**SECTION 7 - MEMORY TEST**

Your brain is the most powerful and complex structure in the universe.

**SECTION 8 - TOOLS: EMOTION CONTROL**

Generating positive biochemical reactions can break an emotional cycle.

**SECTION 9 - TOOLS: TWO-STEP TECHNIQUE**

1. Repeat in the past : Before, I used to... \_\_\_\_\_  
\_\_\_\_\_
2. Progressive Statement: Now, I am willing to learn... (or I am in the process of...):  
\_\_\_\_\_  
\_\_\_\_\_

**SECTION 10 - TOOLS: EXTEND MOTIVATION**

**MY PROGRESSIVE STATEMENT:**

You can complete it here: <https://thinkyourself.com/progressive-statement/> and Nathalie will return it to you in a month as a reminder of today’s commitment.

**SECTION 11 - CONCLUSION**

- Remember the lesson from the orphans.
- You can fill out the survey here: <https://thinkyourself.com/survey>



Confidence to Ignite Performance, Thrive through Change  
and Activate your Full Potential.

Continue to use the simple, concrete strategies  
to transform your thoughts and beliefs into an inner force  
that will enable you to be at your best.

You have the basic tools to THINK Yourself® CONFIDENT.

If you want to go even further and reprogram the address in your GPS,  
I would love to come speak to your workplace and your team:

[www.thinkyourself.com/speaking](http://www.thinkyourself.com/speaking),

you can read my books: [www.thinkyourself.com/books](http://www.thinkyourself.com/books)  
sign up for my online training courses:

[www.thinkyourself.com/online](http://www.thinkyourself.com/online)


or even easier: drop me a line and let's have a virtual coffee.

Choose a time that suits you here:  
[www.thinkyourself.com/schedule](http://www.thinkyourself.com/schedule)


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