



beauty & wellness 



## Dr Demartini

### *10 Steps to Confidence*

Dr. John Demartini is a human behavior specialist, educator, international best-selling author and the founder of the Demartini Institute.  
[www.DrDemartini.com](http://www.DrDemartini.com)

**When we are confident, we achieve more and feel more successful says human behaviourist Dr John Demartini. He offers 10 tips on how to live confidently**

#### **1. Save**

Saving, investing and managing money wisely are vital to self-empowerment. Save at least 10% of your earnings every month.

#### **2. Make a plan**

Clearly define what you truly would love to be, do and have in your life. Your energy soars when you are clear on your aim and direction.

#### **3. Mix with inspiring people**

People who think big encourage you to expand. Interact with inspired people and it will rub off on you.

#### **4. Decide who want to be**

Rather than thinking about and dwelling on the past, start affirming who you intend to be in the future.

#### **5. Read**

Reading opens your mind, expands your vocabulary and empowers your actions.

#### **6. Be grateful**

Keep a gratitude diary and write down what you are grateful for each day. This will shift your perspective and actions.

#### **7. Eat healthily**

Eating too much slows you down and makes you sluggish. Eating moderately and regularly assists digestion and optimises your health.

#### **8. Smile**

Smiling is contagious; it creates the impression of vibrancy and youthfulness.

#### **9. Finish it**

Do what you say you will do and your confidence and levels of achievement will increase.

#### **10. Don't look back**

We often drag emotional baggage around instead of looking at the loving balance and surrounding opportunities. #