



CONFIDENCE
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INDUCTION 5



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Create Your Success Movie

In this exercise, we'll use your past success to create more present success. Our past can basically influence us both positively and negatively.

If you focus your mind on the positive experiences you had in your past, then your present situation will be influenced positively.

If you focus on the negative experiences you had, then your current situation will be impacted negatively.

Now you understand why I told you to do this exercise, sometimes we keep thinking of past events, and this inevitably influences our PRESENT LIFE.

Why the hell should we let our past events affect our present life? It doesn't make sense as what happened already happened, and we can't do anything about it.

What's sure is that if we keep thinking about our past negative experiences, then our future will also most likely look like our bad past.

Every emotionally charged thought you have, will influence your current biochemistry and make you produce behaviors that are linked to those negative experiences.

That's basically a vicious circle from which we have to get you out so that you will finally end this dysfunctional loop and substitute it with a positive one.

If you can use your positive past to your advantage, your future will also be influenced positively by it. Bingo!



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Step 1: Think About Winning Moments

For this exercise, you have to do something straightforward. Think about all the triumphant moments you had in your past, even simple ones that you believe were success moments.

It could be a small victory in sport, the moment you kissed that woman. The moment you did something that was way beyond your comfort zone.

The moment you got the appreciation of somebody dear to you. The moment you passed that exam/got your degree or got a new job.

It may also be a moment you finished a task on time or when you went on that great vacation.

Whatever it is, make sure that it was a win for you. You must also feel positive emotions when you think about those moments, that's the key.

Those could be moments related to various areas of your life.

What's more important is that they make you feel good about yourself and give you a boost of winning, self-confidence, self-esteem, happiness, gratitude, love or joy.

Step 2: Collect Winning Proof

Now go over some pictures or videos showing you in those moments. You can do this more by scrolling through some pictures or videos of your past and selecting the ones that give you the highest positive emotions.



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You can also ask some of your friends to send their best pictures or videos of you.

If you don't have pictures or videos of you in your best moments, all you have to do is to go through your memory instead, mentally collect those moments and write them down in a book or online journal with all the good things that happened.

For example:

Good Memory 1: "The day I passed that difficult exam."

Good Memory 2: "The day my father/mother/siblings/grandparents told me I'm a great person."

Good Memory 3: "The day I kissed that woman, it was a sunny November of 2015, and it was so good."

Good Memory 4: "The day I got my first job, and my boss complimented me."

Good Memory 5: "The day I did that cool thing even though I was afraid, proving to me how confident I was"

Step 3: Images & Videos from the Future

Now that you have a collection of your best pictures and videos from the past, it's time to align your future images and videos with your dream movie.

Find the Pictures & Videos Online

Go online and find some pictures and videos that portray the kind of life you'd like to live.

For instance; let's say you want to be a free entrepreneur traveling the world with your beautiful wife while making millions of euros per month.



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You'd go to some Instagram pages like those containing "billionaire lifestyle", "rich life" and so on. Or you can go to youtube and look for videos showing the life of the people you'd like to live.

Extract the best pictures and best video segments (3-7 second segments max) that trigger the highest emotions in you. Then save those files on your pc.

You can, as a first exercise, take some of those pictures and create a collage that you can use as your desktop picture.

I have put the best 15 pictures portraying my dream lifestyle as a desktop picture. I can also share that with you if you want.

Your goal is to find 100 to 300 pictures and 10-15 video segments of 3-7 seconds each. You'll understand why you need as many pictures in a moment.

Step 4: Create a Winning Personal Movie

I want you to collect those pictures, videos, or written memories and put them together in a small movie with a piece of music that inspires positive emotions in you.

In case you only have written memories, you can group-collect them and make a small booklet out of them.

Otherwise, if you have a mix of videos, pictures, and written memories, you can create a video adding the written memories as slide images.



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We want to purposefully confuse your conscious mind by adding both pictures of real accomplishments and ones of things you want to create.

Why?

Because the subconscious mind cannot distinguish between what's real and imagined. That's why if you do this, you'll start to program it also for the things that you have to manifest yet.

But... how can you program your subconscious mind successfully with those pictures and videos?

You need to put your picture together in a movie and then collect your 100-300 future life pictures and flash them at 0.1 seconds per picture so that you cannot consciously process them.

Your movie should be a combination of regularly changing pictures and videos and fast flashing ones.

If you have an Apple Mac you can easily do this with Keynote. For pc users, you can use power-point I believe but I suggest you making your own research.

If you have questions on how to do this correctly let me know. I understand it might sound tricky at first.

Watch The Dream Video 2 Times/Day

You can either watch the video with the pictures/videos that motivate you every morning, or you read the sheet of paper if you didn't find the pictures.



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If possible, always go for the pictures/videos as they get immediately conveyed to your subconscious mind with a more significant impact.

Final Notes

Cool! Now you have some power material.

You must watch the video right away in the morning because that's going to set your mood for the entire day.

I watch my video every morning or in addition to that, during the times of the day when I don't feel at my best, and it's like taking a drug, trust me.

My video lasts 4 minutes and 50 seconds, and I put everything that makes me feel good in it.

Have fun and enjoy your confident day,

Salvatore Damiata

