

UNLOCK YOUR CONFIDENCE

Raise Your Self-Worth,
Boost Your Net Worth.



SAL
DAMIATA



LESSON 2

WHAT DO YOU
REALLY WANT?



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Linking Wants to Pleasure

Have you ever thought about why some people keep winning at life yet others always fail awesomely badly?

This happens because not many people know how to harness the dormant power of their minds.

You have to realize that your mind is the master tool upon which the whole unfolding of your life depends.

The good news is that there is a specific way to use our minds effectively as it works upon particular principles that are a reflection of the laws of nature.

For example the law of gravity or the principle through which electricity flows from a place with a higher potential to a place with a lower potential.

Or the principle through which hot air always moves upward as it's lighter than cold air.

Your mind also has its own principles, and one of those is the principle of belief, meaning that your mind only acts according to what it believes it's true and possible.

Another principle of the mind is the principle through which it acts upon what you tell it that you want.

Your mind always does what it thinks you want it to do and there's no escape from this fact as that's the universal law of mind in action.



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Your Mind is Your Ally

You have to start to see your mind as your ally and not as your enemy because it always acts for your highest good.

If it thinks your highest good is staying poor (because it has been programmed that being rich is wrong), that's what your mind will do for you and not against you.

That's why if you've got something that you didn't want, you actually got it because your mind thought that you wanted it.

By the same token, if you didn't get something you wanted, you actually didn't get it because your mind thought you didn't want it.

By the way, you approach things, you tell your mind what you want and what you don't want.

If you got something you didn't wish to like sickness, getting fired from your job, getting rejected by a woman, and all those sabotaging behaviors occurred because your mind thought you wanted them.

The only thing you must tell your mind is what you really want.

Tell your mind that you want that new freedom in life, that you want to get better in your social skills, that you want to meet the right partner for you, and so on.

Just link what you want to pleasure, and your mind will do the rest for you. If you're going to become a successful athlete, you must link long hours of training to pleasure.



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Link Your Wants to Pleasure

Otherwise, you'll never make it through the pain only. If you want to become more healthy tell your mind that you love eating salads and that you love going for a walk every day.

It's a simple trick of the mind, and when you link scarcity to pain and abundance to pleasure, then your mind will bring you right towards abundance in every area of your life.

That's the information you must provide your mind with to make it function at its best and bring out its full potential actually to give you what you want.

Now I ask you the same thing: what do you REALLY want?

Think about it well as this will be the starting point of our coaching journey.

Before doing anything else out of this program, I want you to take your time to answer this question. Start writing the first things that come into your mind but make sure that they sound real and authentic to you.

I know I've already asked you what you want to get from your life but the more you do this exercise and the better it will be for you because this time we have to make sure we're spending our energies towards the only goal you care about.

When I was younger, I didn't have the success, social skills, and self-confidence I have now.

The only thing that I knew was that I wanted to change myself as I was suffering too much from a miserable social life.



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Link Your Wants to Pleasure

When I finally made the decision to improve myself, it happened after some practice.

What I didn't know was how and why I changed and what processes were going through my mind that brought me to where I am now.

After many years of study, I finally understood the mechanisms that took place in my mind that sparked the cause that changed my life completely.

I now have full awareness of those principles that I was adopting unconsciously back then and so, having interiorized them completely, I can now help you become successful as well as they are principles of the mind that apply to everybody, including you.

The other reason why I asked you what you want from your life is that you can never go to a place that you don't know.

How can you say "I'm going to Rome" if you don't even know that Rome exists?

To say "I'm going to Rome" you must envision a place that you call Rome or have the intention to go to Rome itself, supposing you know its existence.

If you have already thought about where you want to go, you are a step closer to reaching your goal; nonetheless, that's still not guaranteed.

Why?

Because your current paradigm might be what's holding you back from achieving it. Now you may be asking yourself what a paradigm is, right?



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You will finally discover this in the next classes. For now, think about what you want to get from your life and write it down here.

Remember, that's YOUR want, and not somebody else's.

You must write down the most profound and authentic desires that you'd like to see manifested in your life. Have fun writing and aim high!

In my life, I REALLY want to _____

Enjoy and have a confident day,

Salvatore Damata

