Speaker 1: Welcome to Build Your Tribe with your host Chalene Johnson.

Speaker 2: Hi, thanks for joining me. My name is Chalene Johnson. Today, you are listening to Build Your Tribe.

 Here's what we're going to do, y'all. Get a pen and a piece of paper. I know what you're going to tell me. "Chalene, I prefer to take notes on my computer or on my iPad or on my phone." Fine. That's great. Not today. It's my rules because I'm pushy. I'm pushy because I want this to work for you. What we know about the brain and the connection we have between our thoughts, our goals, and action has a very profound effect from a neurological standpoint when we take pen to paper and form each word. Now, I am totally cool with you later taking a picture of it. In fact, I'm going to encourage you to do that. Taking a picture of it and then transferring it to your phone. In fact, I'm going to want you to do that because it's a repetition. We tend to remember the things that are at the front of our minds. To begin though, we're going to take out a pen and a piece of paper. Let me set you straight and tell you what we are going to do. We are going to set a 90 day goal for you business. I'm going to give you far more structure than you've ever had before. Okay.

 Let me tell you this and why I'm so freaking excited. I'm almost sweating except that I don't sweat. I'm almost sweating I'm so excited about this. You might know that Brett and I have been working with an elite of group of entrepreneurs for the last three years. Actually for more than that. Probably the last six years. They first were a group that we called the 3 Percenters. We invited just a very select group of individuals from a variety of different businesses and backgrounds: doctors, lawyers, investors, bankers, small business owners, someone who's brand new in business, someone who was trying to launch a business.

 We started these kind of mastermind coaching groups. Eventually, that evolved into a system where we were able to help other entrepreneurs, not just take their business to the next level, but do so in a way that didn't squash their relationships. That's paramount to us. We've loved doing this. It's quite an investment. In the past, we've charged $20 thousand per couple to have the opportunity to work with us for over a year. It was incredibly rewarding. This is one of the things that we've found in testing with those individuals help their business explode. We're talking like 10x, what I'm about to share with you, this 90 day process. Are you excited because I'm going to give this to you. Guess what? Brett and I don't do that. We're not doing that this year, I should say.

 We decided, collectively, that first of all, we were so in love with the people that we worked with over the last couple of years that it was hard to imagine being invested in a whole new group of people. I imagine some of you teachers out there probably feel that way, especially this time of the year when you have a whole new crop of students coming in and it's hard to imagine falling in love with the group the way that you did last year's group. That's how we felt about the people we were coaching with. It's like we were so invested not just in their businesses, but in their lives. It became like these amazing friends. You just want to root for people who they take your advice.

 Doesn't it just drive you crazy when you give people advice and they're like, "Oh, thanks," and then they don't do anything with it? Then they keep coming back for more and more advice and you're like, "Could you just not? Can you just not?" It's frustrating and it's annoying. It's frustrating because you're like, "I don't get it. Why do you ask for my advice if you're not going to take it?" I can tell you this. When you work with a group of individuals who have made that kind of investment, that's a big chunk. That's a big chunk for people. I don't care if you have Oprah money, that's a big chunk of money. When you make that kind of investment, people are like, "I'm going to do it. I paid for this. I really paid for this. I am going to do it." It was such a rewarding experience to be able to work with those individuals. We're still very invested in them.

 However, our son, Brock, it is his senior year in high school. My husband coaches high school football. He's his coach. This is a super important year. I need to be focused on him and on this last year more than anything else. That might sound crazy to some people to turn down that kind of income, but for us, it was a no-brainer. I just thought about like, "What do I want this senior year to look like? What do I want to feel?" The last thing that I wanted to feel, this is the truth, is obligated to anyone other than my family. As you know, I don't like a schedule. I like to just wake up and take care of the people I want to take care of and let life kind of throw me a curve ball every once in a while and just go with it. I have this crazy cool life because of the type of exercises that I'm going to do with you tonight. What I'm going to ask you to do is specifically focus on your business, whether it's multi-level marketing or opening up your own Amazon store or selling an eBook or perhaps preparing and selling your own course or being a consultant. There are so many other ways for you to make extra income online and boost your earning potential.

 Guess what. The coolest part of that is it's always about purpose. It's always about helping other people. It starts with that first. It starts with that first. Here's a big, big, big, big tip: When someone asks you what you do, don't say the name of the company that you work with. That's not what you do. You are not Nerium. You are not Beach Body. You are not the fifteen other names I saw in the scope. That's not what you do. You help people. From this point forward, get that out of your Twitter name, your Instagram name. If I see one more Herbalife Specialist Tina, that's not who you are. Beach Body Lisa J. You're not Beach Body Lisa J. You're Lisa.

 Whatever it is you're doing today, I guarantee you won't be doing it ten years from now. You will still be Lisa J. What you're doing today has very little to do with the company and a lot to do with who you are. What I want you to do is tell me what you do. I help people start a business that makes them feel amazing. I help people start their own wellness company. I help people get back in touch with their spirituality. Tell me what you do, not who you work for. I am not my organization. I'm me. I'm a teacher. I teach. That's what I do. Doesn't matter what I'm teaching, whatever I've learned, I'm going to teach it.

 Now, for those of you who have the name of your company that you work for in your Twitter, Instagram, Facebook, Periscope, I really think you should change it to something related to your name. I really do. You're not that company. Here you are, building this big brand around somebody else's brand. Not to mention the fact that you're broadcasting the fact that you're in sales, which I hope you're not. You know what I'm saying?

 Let's talk about how we're going to make the next 90 days the most effective, productive 90 days of perhaps the last ten years, at least from an earning stand point. I'm going to ask you to set ten goals tonight. You're not going to have to come up with the specifically, I'm going to give you the categories. Are you ready?

 Now listen closely, these are goals that are challenging, they're going to push you, make you feel a little uncomfortable. You know you can do it, but it's not going to be easy. You're going to set these goals knowing that they must be done in the next 90 days or someone's going to pay. I'm going to cut you. Not seriously. Honestly, I want you to set goals that you're like, "I'm going to do it. I put it in writing. I made Chalene a promise. I'm going to do it. I'm going to do it."

 Your first goal, are you ready? Write this down. Your first goal, number one is related to people. I want you to set some goal related to people who are helping you. That can be your employees, that can be people who you outsource to, it can be your spouse, it can be someone who you're networking with. It can be a mentor. You need to set some type of a goal that within the next 90 days is going to bring you closer and make that person feel more important. Do you hear me? It's not about you connecting with them. It's somehow, some way, you're going to do something for people connected to your business that's going to make them feel amazing. Maybe it's planning a retreat or a getaway or an afternoon off for your employees or maybe it's rewarding a coworker and letting them know how much they mean to you because they really have helped you or a partner in your business or a mentor. Whoever it is, it's someone you're going to make them feel amazing and appreciated and recognized. You're going to let them know how incredibly valuable ... You're going to give them credit. You're going to say, "Because of you and without you, I couldn't do this." Set a goal for yourself in the next 90 days. I want you to list the person's name and then when you've done it, say, "Number one: done."

 Now, you need to write that down. The person's name and specifically with measure what it is you're going to do. For example, to say, "I am going to make Katie feel special." That's not specific enough. Just one person? No, you could certainly do this for more than one person. I want you to at least list one person in particular or a group or something in particular where there's measure. You could say, "I am going to plan a retreat for my top five performers. I'm going to send a very specific personal gift to the people who are moving ahead the quickest in their business."

 Number two, I want you to in the next 90 days invest in something that scares you, that is a business tool or resource. This can be a seminar, this can be investing in a new website, this can be investing in a new iPhone. For the love, people, you run your business from your phone. If I hear one more person say, "I'm going to get a new phone when it's time for me to upgrade." This is your business. You're really going to say that when your whole business is run from your phone? We have to break that habit. Now, think of something that right now, you're like, "Okay. This is going to scare me, but I know I need to do it. I going to invest."

 Now, write down specifically what you're going to invest in. Where are you struggling? What tool, what knowledge, what resource do you really need to make more money? Not because it's interesting, not because you're like, "I'd really like to learn how to do some music editing as a hobby." No. Something that specifically is going to make your business move faster. Something that's going to make the needle move. Write it down and be specific about it. Is it a new laptop? Is it a new phone? Is that perhaps a program that you need to run more efficiently? Is that investing in a CRM? In other words, an email management system that isn't free. I think you've outgrown free. Some of you have. Some of you have outgrown free and the fact that you're still using free tools is actually you costing you money. Scared money don't make money. In the next 90 days, you have to step up and you have to invest in your business. You have to invest in the tools that move your business forward. What is yours going to be? Tool or a resource that is going to move your business forward.

 All right. Your number three goal is, this one's kind of specific. This one's kind of pushy. Is that okay? I hope so. Number three is I'm going to ask you to schedule three hours of implementation every week for the next 90 days. Three hours of implementation. What does that mean? It means all this time that you're spending learning about business, listening to podcasts, watching Periscopes and going, "That's a really good idea. That's a great idea I just heard on Build Your Tribe and now I'm going to listen to another Build Your Tribe and there is another. This is another really great idea. Now, I'm going to listen to Smart Passive Income with Pat Flynn. This is a really great idea. I'm going to tell somebody else about this really great idea."

 Then you know what you do? You never implement it. Then, someone else is like, "Oh, yeah. I heard about that too." Then you kind of get caught up in the, "I need to be the person who knows about everything even though I haven't implemented anything." Right? You end up running in that circle. The reason why is because education for people like us, I get it, I'm the same way, it's addictive. We love knowledge. We're super curious. It's shocking to us ... I know you. I so know you. It's shocking to us that people don't get off on this stuff. We're like, "How do you not find this fascinating? Okay. That's your problem." We can't consume enough of it.

 The problem is the people who skyrocket their business are those who actually schedule time to implement it. When I go to a seminar, I spend the next three days when I return and I clear my schedule so I can implement what I've learned. When I listen to a podcast, I won't move on to the next one until I'm able to implement what I've learned. I know it's going to overwhelm me. I know it's going to make me feel more behind. I know it's going to make me feel like I'll never catch up. What I'm asking you to do is to write down on your paper that you're going to make a goal to schedule in your phone with an alarm that sounds when it's that hour of three each week that you're going to spend just implementing something new you've learned. It's called taking what you've learned and creating an action plan. Actually doing what you've learned. Right?

 So many of you have watched a million videos or Periscopes on how to be great on video, but you haven't made your first one yet. You haven't implemented. You've listened to episodes of Build Your Tribe and you've heard me say over and over and over and over again that you need to created a freemium. You're like, "That's a really good idea. I'm going to write that down. She said it again. I'm going to write that down. Make a freemium. That was another way that she said the same thing to create an opt-in page and build your email list." You still haven't done it. Stop it. Implement. You've got to implement. That's the only difference between people who legitimately move forward in their business and those who just keep going to stuff.

 My pet peeve is when people keep showing up to my seminars and I'm like, "You didn't do anything. I don't want your money. I do not want your money. Don't come here to take a picture with me. I ain't that girl. I need you to do." As Michael Hyatt says, "The medicine doesn't work if it's still in the bottle." You have to do it. You have to consume it. You have to take it. That's why I think this is one of the most important things you can do is to schedule. It's got to be scheduled. It's got to be on your phone. Don't say I'm going to do it. It's got to go on your phone.

 Number four. Your number four goal is in the next 90 days, each week, I want you to do one thing that makes your significant other feel incredibly significant. It's 12 things. One time a week, you're going to do something that makes your significant other feel incredibly significant. Now, if you're saying to me, "But I don't have a significant other," yes, you do. You have a best friend, you have a sister or a brother. If you don't have a romantic person in your life right now, well, that's okay. Maybe that's how it's supposed to be right now. You have someone who's significant in your life. It's the people who matter most. It's funny how God blesses your business when you take care of those people first.

 What kind of things am I talking about? I'm talking about you specifically scheduling 12 activities. Maybe it's a date night. Maybe it's, "Okay. It's week two. This week, I'm going to just go out and buy a beautiful card for them. Instead of just like signing my name, I'm actually going to write a love letter to them. On week three, what I'm going to do is I'm going to hide a little gift in their car. On week four, what I'm going to do is send flowers to her office." Do something. Do something once a week for the next 12 weeks. Can you handle that? It's one of those things where you just have to have faith.

 For those of you who might be in a position right now with your relationship where that's kind of hard to imagine because he's being a total jerk or she is just on another planet and doesn't deserve for you to be kind to her or you've just grown so far apart you can't imagine doing something nice that makes them feel significant when you don't feel significant to them, just watch what happens. It's really, really hard for someone to continue to be mad when they feel loved. It's not just one day. The first couple times you do it, especially if it's been awhile, especially if it's out of left field and they haven't seen that in a long time, they might react kind of coldly. They're not used to it. The wall is up so high that it's going to take a little bit more effort to take that wall down. I tell you the only way to get through that is with love. People don't change, people don't support you, people don't give their all, listen to me closely, unless they feel significant. If you're having a difficult time with your best friend, with your coworkers, with the people that you work with, with your spouse, it's because they don't feel significant. Make them feel significant and watch how your team grows.

 For those of you who are in sales, who manage a team, whether it's multi-level marketing or pharmaceutical sales or whatever it is, listen to me really closely, I got words for you. Your key players who are at the top, the ones who you don't even have ... It's so great because they just take care of themselves, you don't even have to coach them anymore, they're just like perfect. You wish you had ten of them. You tend to ignore them because they're good. They're great at what they do. That's a mistake. You're great at what you do and you still want to be praised and you still want to feel significant and you still want someone to go, "Wow, that is insane. That is amazing. You're awesome." Don't assume the people at the top don't need you. I think you should focus 80% of your effort on coaching, praising, and acknowledging the 20% who are making 80% of the profits for you. Give them your praise.

 Here's your number five goal. You ready? You have to commit to do that thing that you know really moves your business forward. I'm going to tell you what mine is and you're going to commit to doing it x number of hours per week. You're going to have write this out yourself. I don't know what that is for you. For me, I'm going to ask all of you this question. What is the one thing, if you really had to narrow it down, that makes the biggest difference for you and your business? Is it when you do videos? Is it when you do live Periscoping? Is it when you do a master mind? Is is when you write for your blog? Is is when you go and pick up the phone and make cold calls? Is it when you work longer? What is it? Is it when you get on the call personally with people? What is it that moves your business forward? What is it? It's really important that you write it down on paper. I'm going to do the same thing. Write down now for me the one thing, if you could do nothing else, if I said, "You still need to make money this year but you can only do one activity. What would it be?"

 I'll tell you what mine would be. It would be teaching on video. I like to do a million other things. I like to take pictures and post them on Instagram. I like to interact with people on Facebook. I like to workout. I like to fool around with technology. All of those things relate to my business and I can get really busy doing them. When push comes to shove, when I'm on video teaching, that's when my business moves forward. That's how I build my email list, that's how I connect with people who get me and I get them. It's a beautiful thing. I know that that's what I need to do more of.

 Now, you know what you need to do more of. What I want you to do for number five is commit to doing x number of hours of this per week for the next 90 days. Mine is I commit to doing one hour per day of video teaching. One hour per day. That's my average. That means I need to do a minimum of seven hours of video teaching per week. That moves my business forward.

 Goal number six. You ready? I hope you're ready. This one's going to hurt. Going to hurt a little bit. You have something you can squeeze? Okay. You ready? What are you going to give up? As if it's Lent. What are you going to give up for the next 90 days because you know it's like, "It's killing me. I'm spending way too much time doing that."

 Honestly, I might just negotiate with you and ask you to give up some of it. Let's say for example you love golfing and you shoot 18 holes four times a week. Listen, I'm okay with you just giving up three days a week. Okay. You don't have to give it up completely if it's your love. I'm going to ask you to give up something that you know you're probably spending too much doing this thing.

 For some of you, it might not be a leisure, it might be something related to productivity that's keeping you busy or you're like, "I know I shouldn't be doing that." Let me give you an example, when I first started podcasting, I was editing all my own podcasts. I knew somebody else could do it faster, but I still was like, "Oh, they won't know the exact word I want to take out and what words I want to leave in." I was doing it myself. It was easy for me to justify it too because I was like, "Well, it's related to my business. It's related to making money, kind of ultimately." I had to look in the mirror and be honest and say, "I've got to delegate this. I've got to give this up." What is yours? Write down what it is you're going to give up. Listen, if the answer doesn't come to you immediately, ask a family member or a coworker, somebody who knows what you do that moves the needle forward and what you do that's you really do not need to be the person doing that.

 Number seven, I don't think this one's going to surprise you either. I want you to set a weekly fitness goal for yourself right now. It's going to make you more productive. It's going to make you more confident. It's going to make you more creative. It's going to give you more energy. Don't you need those things if you're planning on making more money this year? In the next 90 days, I need you to set a weekly fitness goal for the next 12 weeks. Maybe that's exercising four days a week. Maybe that's being certain to get in three days of cardio or three days of strength training.

 I want you to set a very specific measurable fitness goal. Not a weight loss goal. Not a weight loss goal. I want a very specific fitness goal. It has to be measurable. You can't say, "I need to work out more." That's not measurable. I don't know what more is. You've got to set something very specific. Very specific over the next 90 days. What are you going to do every single week?

 Fitness is the ultimate way to boost your business. It is. It makes you more confident. It gives you clarity. If I'm confused and annoyed and overwhelmed or I feel like there's too much going on in my brain and then I go for a run, I come back and I'm like, "Okay. I just solved the world's problems. Who's next?" It's just amazing how that feels. I know that you understand the importance of it. I just don't want you to take this as something that relates to your weight or having a six pack or biceps. I want this to relate to your business. When you feel amazing, you do amazing things. When you've got more energy and more clarity and you don't feel overwhelmed, you do your best work. You know that. It's funny how that when we're the most stressed is when you need to do it. That's your goal.

 Number eight, this one isn't going to be easy either for some of you, but I think you might like it, nonetheless. That is I want you to set a weekly goal of restoration. What do I mean by that? I mean that I want you to set a goal that each week you're doing something that's restorative that's not related to productivity. That could be once a week you're going to take a yoga class, once a week you're going to get a massage, once a week you're going to sleep in, once a week you're going to meet up with friends and have a glass of wine. Something that's just pure joy. That's what I like to call these goals. I want you to set a weekly goal of pure joy. This is just delicious. There's no productivity involved. There's no work talk involved. It's just to make you feel restored.

 It's that thing that you used to do all the time and now you're not doing it. Maybe it's singing or painting or photography or getting together with your friends or sleeping in on the weekends. Pick something that you're like, "Oh, man. I haven't done that in so long and I'm going to do it." Once a week for the next twelve weeks. Something quick, something that makes you feel like you're taking care of you. We're almost done.

 Number nine is I want you in the next 90 days to schedule one master mind. One master mind. What is that? Well, it means you're going to get together with a small group of business minded people and share with them your goals. Here's the assignment that I want. You're going to get together with them and you're going to have them do this assignment. That's it. Cool, right? Now you can do that on the phone. You can do that via a Google hangout. You can do it via Periscope. You can do it via in person. You can invite a bunch people together. They don't need to be in your business or industry. In fact, I find it even more beneficial when you get together with a group of people who are from kind of different industries. You get different perspectives. It's just so interesting and cool.

 If you get more than six or seven or eight people, it's too many. It just is. There's always a crazy person in there that just can't stop talking. You're like, "Enough, already. Can you read the body language that somebody else would like to talk here?" I think a smaller group is better, but I'm going to ask you to schedule it. Who do you invite? You can post it to Facebook. There's so many people that you could invite, but I want you to invite people who are movers and pushers and people who have an opinion and people who want to do something. All you're going to do is say, "Hey, I'm the leader of this master mind. Here's what we're going to do together." I think it's best if you can schedule this in the next week or so because then you've got a group of individuals who are going to keep you accountable to your list of ten.

 Number ten. You ready? This is. We're at number ten already. Is this crazy? Your number ten goal is to set a specific 90 goal related to your earnings. That's hard for some people. Like, "Man, I don't know how to do that." Well, you're going to do it. I don't care if it's $100 or $1000 or $100 thousand. In the next 90 days, I want you to set a goal for yourself. This is above and beyond what you normally earn. That goal needs to make you nervous. You almost want to like cover up your answers so that nobody sees it because it's so big it makes you fear failure, but not so big that it's like ridiculous. Like, "I want to make $1 million in the next 90 days." Don't be ridiculous, but set a goal that you're like, "If I'm on my game, man, if I'm focused, I know I can do this." Set a financial goal for yourself. Write it down. I know this is difficult but you can do it. You can do it.

 Number nine was your master mind. Number eight was restoration. Number seven was your fitness goal. Number six was you're going to give up something that's become a distraction. Number five is you're going to commit to do that thing, that thing that moves your business forward x number of hours per week. Number four was you're going to do something to make that significant other feel significant. Number three was you're going to schedule three hours per week that are just devoted to implementation. Number two was you're going to invest in a tool or a resource that your business needs to move your business forward. Number one was you're going to do something to recognize, to acknowledge, to thank, to show gratitude to honor the people who are making things happen in your business. Without them, you couldn't be where you are today.

 All right. Ladies and gentlemen, the next 90 days are pretty important. Now, that number ten goal, that's cool, but it's not enough. I've got one more goal for you. You ready? It's number eleven. It's called your push goal. Your push goal. This is exciting. Your push goal is something you're going to create or do that will enable number ten to happen. To me, it just doesn't make sense to set a goal like, "I'm going to make $1000 extra in the next 90 days," or "I'm going to make $100 thousand extra. Yes. I'm going to write it down and then the laws of attraction will bring this $100 thousand to me because I wrote it down on paper. Then, I'm going to make a vision board and I'm going to cut out the numbers. 100 thousand. Then, laws of attraction will bring $100 thousand to me." No. There's a step missing. The step is what are you going to create? What are you going to do to make that happen? That's why I call it a push goal. It pushes all the other ones down. It's the goal that makes all the others possible. It pushes them down. Get it? How cool is that?

 Let's just say hypothetically that you said, "I want to make another $10 thousand in the next 90 days." What do you need to do? What do you need to create in order to make that happen? Do you need to create an accountability group? Do you need to write an eBook? Do you need to create your own course? Do you finally need to put it out there that you are a paid consultant and start offering your services to people? Do you need to put your name on a site where consultants can be hired to do the thing that you do?

 Number eleven is what you going to do to make number ten happen. What you going to do? That's the thing. Now, I'm going to leave you with that one because I want you to ruminate on it. I want you think about it. I want you to brainstorm on it. I don't want you to come up with a one that's so fast and so quick that you're like, "Oh. I think that's it." I want you to have a huge list. I want you to go, "Well, let's see. I could create a course. I could write an eBook. I could create a consulting group. I could start a podcast. I could charge for Skype consultations. I could just work a lot harder. I could make it my goal to sign eight new distributors per week." Whatever it is, you've got to make something happen. It's going to happen. The best way for that to happen is for you to do some research and all research starts with a brainstorm. I want you to take out whatever piece of paper you have left and just start writing different ways, different ideas, things that are going to help you make that extra income to make number ten possible.

 Ladies and gentlemen, it has been my honor to be apart of this with you. I apologize if I've come across too pushy by telling you what each one of your ten goals categories needs to be, but I'm doing that because I love you and I know this works because I've done it with the people who I love the most, the people who Brett and I have coached and mentored. This stuff works. It's crazy. It's almost like magic. It's fun. Do not lose that piece of paper where you've written down your ten goals.

 In fact, as soon as you can, take your phone and take a screenshot of it and then transfer it onto some type of digital device. Make a print out of it. I want you to see it. I want you to print out ten copies. Put a copy on the inside of your bathroom wall. Put a copy some place near your desk. Put a copy inside the car. Put a copy in your gym bag. Put a copy everywhere so you're always thinking about those things. As soon as possible, schedule the ones that you know like, "Okay. Cool. Done. Done. Done." You can just start scheduling them and watch how this happens.

 I'm going to check back with you in 90 days. I want to hear about your success. Thank you so much for listening to Build Your Tribe. It is an honor to be here with you and for you and to share my answers and for your trust and your ability to say, "Okay. I'll give this a shot." It means the world to me. As I like to say, "Be brief. Be bright. Be done. Be fun."

 This episode has been sponsored by CourageousConfidenceClub.com. It's a club that I've created specifically to help people who struggle with confidence and insecurities in social settings and just standing up for themselves. Being yourself and feeling good about it. All of us could benefit from having more confidence. I'd love for you to experience just a taste of it. Please be my guest by going to ChaleneJohnson.com/confidencetips. If you don't feel like writing that web address down or remembering to go there later, all you have to do is, while you're listening from your phone, send me a text message. The number is 949-565-4337. That is for US residents. Then, just send me the word "confidence". I will send you access to this video. This video will help you to eliminate self-doubt and just feel more confident in any situation, whether it's work or personal or just your social interactions. Every one of us can benefit from having more confidence.

 There, you'll submit your email address and I will immediately send to your inbox my latest training video where I teach you step by step how to feel more confident in just about any social setting. I think you'll find this incredibly useful, whether it's business or personal or just in your everyday interactions. Confidence is something that makes life easier. It helps you to raise more confident, self-efficient children. It allows us to speak our mind, to stand up for ourselves, to do the things that we are otherwise we are paralyzed by fear. We just allow our own thoughts to stop us.

 By learning how to overcome self-doubt and fear of success, you can become that confident person that others are attracted to. The person you want to be, the person you deserve to be, the person you know is inside of you. Thank you for checking out my free tools by going to ChaleneJohnson.com/confidencetips.