

# Self-confidence **Formula** from Napoleon Hill's *Think & Grow Rich*

- 1. I know that I have the ability to achieve the object of my definite purpose in life, therefore, I demand of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.
- 2. The dominating thoughts of my mind will eventually reproduce themselves in outward physical action and gradually transform themselves into physical reality. Therefore, I will concentrate my thoughts for 30 minutes daily upon the task of thinking of the person that I intend to become. Thereby creating in my mind a clear mental picture.
- 3. I know through the theory of autosuggestion, any desire that I persistently hold in my mind will eventually seek some expression through some practical means of obtaining the object or position I desire.
- 4. I have clearly written down a description of my definite chief aim and I will never stop trying until I develop sufficient self-confidence for it's attainment.
- 5. I realize that no wealth or position can long endure unless built upon truth and justice. I will engage in no transaction that will not benefit all whom it effects. I will succeed by attracting to myself the forces that I wish to use and the cooperation of other people. I will induce others to serve me because of my willingness to serve them. I will eliminate hatred, envy, jealousy, selfishness and cynicism by developing love for all humanity for I know that a negative attitude toward others will never bring me success. I will cause others to believe in me because I will believe in them and in myself.

I will sign my name to this formula commit to memory and repeat it aloud once a day in full faith that it will gradually influence my thoughts and actions so I will become a self reliant and successful person.

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_



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