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## 20 lbs of pressure lifted from your shoulders!

1 message

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Mon, Feb 24, 2025 at 4:47 PM

Hi Efe,

Today is a new day.

Today, EVEN if you're the most introverted person in the world...

You're going to learn *how* to unlock unshakable confidence on command.

Because the reality is, anyone can learn to be outgoing and confident. It's a skill that can be mastered.

### **Did you know:**

- **Elon Musk**
- **Lady Gaga**
- **Johnny Depp**

### **Are all introverts! Would you have guessed?**

So whether you use this skill before...

- A big social occasion
- A tense business meeting or presentation
- To boost your mindset before a massive project
- Or for any make or break situation in your life

The power is yours *when* you need it.

Many years ago, I remember using the power of unshakable confidence at a career deciding event...

I was about to step on stage at an extremely high-end candle lit restaurant.

But I was so ill. I had a sore throat, bad cough, terrible fever.

And I was about to walk out and attempt to sing in front of hundreds of people!

And you know what? In the end... no one knew.

All because of what I did backstage.

Just minutes before, I stepped into another version of myself.

One that didn't identify with my awful current state... The confidence I generated masked my illness for the 2 hours I was on and it allowed me to perform flawlessly.

Just as I'd rehearsed.

That night sent my career to another dimension... and I always look back and wonder... what would've happened if I didn't know what I'm about to show you.

Ok, with all this in mind...

### **Let's begin with the magical powers of unshakable confidence!**

There are **5 key steps to unlocking this level of confidence.**

And for that reason, this will be split into 5 separate emails over 5 days.

This confidence mini-series is going to be amazing!

Let's start:

#### **One: Priming Yourself**

I got this off the great **Tony Robbins** back when I knew nothing about self-confidence.

This is truly a game-changer!

And you can use this every morning to start the day with maximum power!

Here it is:

1. Make **10 minutes** for yourself every morning.

2. You can put music of your choice on to get into a powerful deep state.

**3. Close your eyes.**

**4. Dedicate the first 3 minutes to gratitude.**

What are you really grateful for in your life right now? Really connect with these thoughts and feelings (by the way, in this state, you can never be fearful or angry)

**5. The next 3 minutes is dedicated to a prayer for yourself, family and friends.**

**6. The final 3 minutes, think of the top 3 things you want to accomplish that day.**

Now as you think of these accomplishments... embody the change, change your breathing, really feel the energy, sit upright, imagine the certainty and the achievement of completing these tasks.

7. **Open your eyes.** You are now operating from a deep and truly powerful state.

8. Win the day!

**Do this every morning.**

And I **guarantee** you're going to start achieving more than you ever did...

Feel better than you ever did...

Make decisions better than you ever did...

AND everyone will notice!

This is only Step 1... More to come!!

Love,

Nadine x

P.S. After doing this exercise, please message me how different you feel!

I want to read about the positive change in your lives!

The Life Director LLC, Dubai, United Arab Emirates

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