M Gmail   Efe Soyhan <efesoyhan03@gmail.com>

2 crucial rules to live confidently…
1 message

Nadine Chammas <nadine@mail.nadinechammas.com>   Mon, Feb 24, 2025 at 4:49 PM
Reply-To: nadine@mail.nadinechammas.com
To: efesoyhan03@gmail.com

Hey Efe,

Why do we procrastinate?

Why do we self-sabotage?

Why do we doubt our abilities?

Why do some have all the opportunities, but fail…

And others win against all odds…

To understand this, we first need to go over a vital point.

Something which affects our everyday lives, and our future…

It affects the job we choose. The people we choose to hang out with. Whether we exercise or don't exercise. Whether we're happy or unhappy. Whether we succeed or don't succeed.

And before I go any further, let me just point out… What I'm about to show you isn't complex, or hard to grasp.

But it is crucial to living your life confidently.

So listen up.

Let's first split the brain into 2 parts.

The frontal lobe: The part which handles our critical thinking.

The midbrain: The subconscious part, which creates your habits.

In other words, as humans we are 2 things.

One, we are intelligent critical thinkers. Two, we are habitual creatures.

And as amazing as this is, it can create serious problems if we

And as amazing as this is, it can create serious problems if we are not careful…

Let me explain:

During your "conscious" state, anything that goes into your mind (through the frontal lobe), your brain detects as intelligence.

The music you listen to, the people you hang out with, your own thoughts, the news you watch.

All of this is handled by that front part of the mind. And over time, handed over to the midbrain to create new habits.

These habits we use subconsciously. Our "second nature". Kind of like you are sleepwalking.

If there's ever been a time where you've driven back home, or cooked, or done the dishes… But completely forgotten your thoughts or actions. This explains why.

You were running on autopilot.

So knowing this… we can understand that the inputs that come in through the front of your mind, create your reality over time.

If these inputs are negative, you'll form negative habits.

If they're positive, you'll create positive habits and in turn a positive life.

If you tell yourself, "you are lost"... You will feel more lost.

If you listen to sad music all the time, you'll feel sad.

If you hang around people who are a "bad" influence, you will become exactly like them.

And here's the interesting thing… No matter your intention, your environment will always win over time.

Heard the saying "You are the product of the 5 people you spend most time with"

Well that's because the programming created through the front part of the brain, solidifies into your identity through the midbrain. The "subconscious" part

Tell yourself you are not confident and repeat it enough times AND… You'll lack confidence.

Although this can be very detrimental, it can also be used to your advantage…

It's actually quite simple.

2 steps is all it takes:

1. **Be aware of the stimulus that you experience every day… And avoid the "bad" stuff.**

What's the bad stuff? Ask yourself this…

"Do these words, thoughts, people, news, films, videos align with the person I want to be?"

If no, then you've found your answer.

2. **Absorb more of the things that are "good".**

Again…

"Does this align with the person I aspire to be?"

Yes? Okay, bring more of this into your life.

Remember these crucial rules. Because they will impact the course of your entire life… positively or negatively.

And before you go, I have a quote I want you to keep in your back pocket…

"Your net worth is your self-worth".

So ALWAYS stay aware of the ways in which you treat yourself.

Because no one can love you, more than you…

Love,

Nadine x