

# QUIET CONFIDENCE

## HELPING PEOPLE FEEL GOOD ABOUT THEMSELVES

Quiet confidence means you know what you can do, but you don't need to broadcast it to the world. You embrace it, celebrate it, and most of all, feel good about it.

### ONE

#### COMPARE

Focus on what you have, not on what you don't have—or what others have.

### TWO

#### FORGIVE

Forgive yourself. Let go and move on from upsetting things in your past.

### THREE

#### STREAMLINE

Focus your energy on the best of everything—people, projects, and possessions.

### FOUR

#### ACTION

Action is the antidote to anxiety. Start small, start now, and adjust as you go.

### FIVE

#### PROJECTION

Act confident. Stand tall, smile, ask for what you want, and always look your best.

### SIX

#### NICETIES

Watch what you say to yourself, and about yourself. Easily accept compliments.

*It's taken Lee Silber over 25 years, 26 books, and more than 2,000 presentations to discover his purpose in life—helping people increase their confidence. Now he's all in with a new book, confidence-boosting app, and presentations on the topic. [Leesilber.com](http://Leesilber.com) / 858-735-4533*

