

# 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

#### WINNING

Focus more on winning the day, and less on worrying about the tomorrow.

### TWO

#### CONTROL

Let go of the results and focus on what you control—doing your very best.

### THREE

#### CELEBRATION

Lower the bar and give *yourself* a pat on the back for even the smallest wins.

### FOUR

#### UNIQUENESS

Live your truth, embrace your uniqueness, and work with your natural tendencies.

### FIVE

#### PREPARATION

Practice, preparation, plans (and a Plan B) all boost your level of confidence.

### SIX

#### POSITIVITY

You will fail, but you are not a failure. Trust that everything happens for a reason.

*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*

