

How To Increase Self Confidence and Self Esteem By 240% In Only 4 Days FLAT...?

4 Key Reasons Why You Can Achieve Your Goals TODAY!

Reason 1#:

You are an amazing human being that possesses billions and yet trillions of resources within you, billions more times resources than you may be using consciously.

You have VAST potential that can be tapped right NOW!

Craig, from Culver city

When Craig first came to me for help, he had alot of trouble with self confidence, social interactions and meeting new people, especially females. He found it very difficult to express himself and feel good within his own body.

After some much needed advice and doing a few confidence boosting exercises daily, he realized that it was 'him' who was investing his time and energy in directions he didn't want.

When he began to start edging his way towards what he wanted, results began to appear in little chunks at first, then massive progress eventually lead to brilliant new insights and fascinating results.

His morale and confidence within gradually increased day by day and he now feels more free and open to express himself, but most importantly, he now feels non-effected by external problems that he couldn't control.

He learns from his mistakes and moves through the world with more ease, and doesn't punish himself or put himself down when things go wrong.

Once you learn how to let go of past limitations and open yourself up to possibility - new neuro connections will begin to form, which contribute to a positive foundation of self esteem success.

If you have low self esteem or any other form of self deprecating behaviour, it is all due to the past negative things you were investing in before.

If you spend all your time and energy focusing on what makes you feel bad or worthless thats what your gonna get...

So the solution he found was to:

"Invest in what you want to feel and have - and your life will begin to dramatically change, especially when you have the right tools to do it!"

You have within you right now, everything you need to deal with whatever the world can throw at you."

- Brian Tracy

"I must admit that i never thought I could feel this good in such a short period of time, thank you very much Nicholas. I now know - "To wish I was someone else, is a waste of the person I really am."

- Craig, Culver City

Question:

Nicholas, to start of with, would you mind giving us some details on what it is that you do?

Nicholas:

Yes, there are many areas in life that we would like to improve in. For the most part self esteem affects every area of your life because it deals with the main source at which your life derives from, which is YOU! When you feel good about yourself and confident in your capability to succeed you are able to achieve what you want and live the quality of life you truly deserve. With my approach I utilise the main three components that cause any type of self limitation and change them around to your benefit. These include:

1. how you think about things
2. how you talk yourself
3. and how you behave and use your body.

Use any three of these things in any particular direction in life and they will affect how you feel about yourself on a daily basis.

Reason 2#:

The mind learns very quickly! Studies and real world examples have shown time and time again that someone can possess a brilliant outlook on life, and lose it all in less than 24 hours!

Carol Beaver, London

Carol recently started teaching at a new school full of teenagers and shes doing very well for herself now, but it wasn't always like this...

About a year ago she was in a terrible relationship with a verbally and sometimes physically abusive partner. She felt very uncomfortable in her own home and tended to clamp down during any form of face-to-face confrontation. This had a major effect on her career as her students were very argumentative and she always found herself retreating from confrontational students.

Her students gradually began to lose respect for her.

After we spoke, we figured out that she had learned negative reactions to confrontational situations. She would clamp down to protect herself from emotional harm because she couldn't find another useful way to protect her self respect.

She worked on her emotional reactions to external stimulus and changed her associations towards confrontation to react in more useful ways that benefit her.

After some repetition she designed in a new habitual pattern and a new emotional response.

Now whenever she ends up in confrontational situations she finds herself automatically feeling secure and centered within herself, instead of feeling vulnerable. She now has the tools at her disposal to change her attitudes around in regards to social situations.

Your mind acts like a sponge, it draws conclusions from your experiences and sets out to make them a more or less permanent part of your life...

What do I mean?

I mean you can use this same principle of 'a sponge' to manifest what you want in your life by drawing **positive** conclusions from your experiences and learning to accept them as your own in ways that empower you and in daily situations.

It is possible to change the way how you view yourself and the way how you react in your life very rapidly, sometimes even in minutes!!

Through repetition you can learn new patterns that automatically pop up when you need them. This is how your mind naturally works anyway, but sometimes we learn useless emotional reactions in life that don't serve us, most of the time even without being aware of it.

NLP, Hypnosis, EFT and many other human development approaches have proven that it is possible to change emotional responses time and time again! So

the useful thing to do is to design in positive responses that move you into action when you need them in situations you desire.

There is only one corner of the universe you can be certain of improving, and that's your own self."

- Aldous Leonard Huxley

"Your program was great! I don't feel shy or feel bad about myself anymore. Before I started teaching my class of teenagers, I used to get very shaky. But now I use the positive behavioural technique and I go right back into my positive performance state instantly. Even my students are responding to me differently and with much more respect! Thanks for everything".

- Carol Beaver, London

Question:

Nicholas, Can you tell us how you got started with learning how to help people with low self esteem issues?

Nicholas

Well I think the biggest influence that got me started learning about how to improve the quality of peoples life's is the fact that I had to start out with myself. I personally had terrible self esteem issues when I was a teenager. There were times in my life when I didn't have any friends, I felt alone, I felt helpless, discouraged, couldn't find a good supportive person to tell my problems and wanted to commit suicide.

But I knew I couldn't give up so I began searching for answers, any answer I could find to start building my self esteem back up and improving the quality of my life. It was a long journey but step by step I gradually began to feel better, so good in fact that I now feel better than I have in my entire life.

I ran into many approaches, including NLP, Hypnosis, Story telling, symbology and psychology. But the main thing that did it for me was the willingness to not settle for anything less than I deserved to be.

After making the miraculous changes for myself very quickly, I knew I had to share my secrets with the world and anybody else who experiences low self esteem issues, because quite frankly "low self esteem sucks!" and I know how it feels to be in the same situation.

Reason 3#:

'The past does not equal the future'

In THIS MOMENT you can MAKE THE DECISION to cut off from your negative pasts frustrations and start focusing on the abundant future you truly deserve.

This means It doesn't matter what you have been through in your past or what your struggles are right now, because in THIS MOMENT you have a FRESH NEW opportunity to create what you really deserve in your life: Whether it being supreme resilience, radiating happiness or mental and emotional relaxation.

Bobby Roman, London

Bobby came from a very strict family. When he was young he used to get into a lot of trouble, his mother didn't know how to cope so she sent him back to Africa to live with his father.

His father would beat him whenever he got into trouble and he was put to work doing chores everyday in hopes that Bobby would become a better person.

After he reached 20 he was sent back to his mother. He found living in Africa very difficult and felt like he had been abused for most of his teenage life.

Unfortunately it didn't end there. One day he was attacked by an angry mob for living in a different part of town. He lost his speech and wasn't able to use his limbs very well.

I came to see him and was informed by the doctors that because of being repeatedly hit over the head, he became incapable of using his natural ability to talk and move his arms and legs.

It was very upsetting to see another person like this, he was almost like a baby, his limbs were very shaky and he could barely get a word out.

For Bobby it was like learning how to move and talk all over again.

After about 2 weeks working with him and strengthening the mind and body connection, he began to gain control over his limbs and feel more confident about himself and his ability to move and talk.

He practised the drills that I gave him and 2 months later there was

a significant improvement in his speech and he gained better control over his hands and legs.

4 months later and he feels better than ever before. It seems after working with his mind and doing the exercises to strengthen his ligaments he began to feel more capable within his ability.

He will never forget what happened to him and his painful experiences he went through that made him a stronger person.

Bobby now enjoys his life just like every other 22 year old and looks forward to going to university to start in track and field.

His strengths are the 100 metre sprint and long jump!

Your failures and misfortunes hold the key to powerful self esteem. The more bad you feel right now, the more powerful and wiser you can become.

Your frustrations and anxieties are your gateway to new learnings and improving your self worth, because they are experiences you can turn into new learnings you would have never discovered otherwise if you didn't feel bad to begin with.

To gain true pride and self assurance is to know that you **can** and **will** overcome terrible life situations and once you do, this will signify how capable you really are to create success!

The faster you learn from your mistakes, the faster you will grow to become more of the person you deserve to be.

To overcome problems in your life - will lead to true inner pride and inner full-fulfillment and this is a great reason and motivation for you to grow your self esteem TODAY!

With this understanding, how much more do you want to learn from your failures to succeed?

The negative past does not equal the positive future!

Meaning: In this moment you have the power to commit yourself to building powerful life success right now!

And the opportunity to start this process is always available to you everyday, in every waking moment, from this moment on. So use it!

We learn wisdom from failure much more than success. We often discover what we will do, by finding out what we will not do.

- *Samuel Smiles*

"I really made an effort to TRUST THE PROCESS with Nicholas' techniques and I couldn't be happier with the results. I must admit, when the doctor told me I would never be able to talk and move properly again I was devastated, but in a few months time I began to see incredible results and it didn't take hardly any effort at all!! I'm forever grateful for your teachings!"

Bobby Roman, London

Question:

Nicholas, What is the one secret that I can use right now to build my self esteem?

Nicholas

Your self esteem represents how good you can make yourself feel, the ability to which you can appreciate yourself for making yourself feel good, to DO things in your life that create success and to be grateful for the things that you can do to make yourself feel good from now on.

The biggest secret to self esteem success is learning how to make yourself feel good about yourself and learning how to own these positive feelings without short changing yourself or holding back on your self worth and value.

The most simplest way to do this is to either think about something that makes you feel good or to do something that makes you feel good and to recognise that when the good feelings pop up, realize that you can make yourself feel good just by doing the thing that makes you feel good to begin with.

In other words, it's a rotation of positive full-fillment that continuous to make yourself feel good about yourself.

You have the ability to use this simple formula to improve your self esteem in every area of your life right now. Whether it being social situations, self worth or your sense of well being. Overcoming your fears is the most important thing because it increases your deserving-Ness. Once you know in your heart that you can make yourself feel good and support yourself in any situation you become

your own best friend and this is very important when attaining healthy self esteem in every area of your life.

Reason 4#:

You can build a compelling future that is so appealing, that it becomes everything you want to live for starting today.

How do you want to be feeling about yourself in 4 days from now? And do you think there is a limit to how far you can go?

Because there isn't...

The dreams you in-vision in your future, with a sense of opened possibility, not only fills you up with great excitement, but also imprints the believability to create it.

The brighter your dreams are, the more compelling your life will become! The more glorious you in-vision your future to be, the more it will propel you to create it.

That's why it's so useful to in-vision a future that drives you to succeed.

It's about finding out what's most important to you and using the correct tools to create it on a dime!

Sarah Jane, France

Sarah was always one of the most popular girls in her school. She was very outgoing and happy. She had a lot of friends and loved hanging-out on the weekends!

While growing up she always had big dreams of owning a successful business. Unfortunately these dreams were put to an end as she became pregnant at the age of only 14 years old.

She now had a completely new responsibility and found it very difficult to study at school without the emotional strain and stress. The 18 year old boy that got her pregnant wasn't interested in being a daddy, Sarah was bullied and lost a lot of her friends. She failed her exams and found it very hard to cope with all of these problems on her own.

Her family helped the best they could but no matter what they did didn't seem to be enough for her!

After another year she begins to get fed up with herself, she begins to realize that she has to stop coming up with excuses and start creating the dreams she's always wanted, for the sake of her happiness and the future of her daughter.

She finally made the decision that she was going to take control of her life! She wanted to re-ignite her dreams again!

After reading up some information on self-help she came across some of my material and really enjoyed my personal development approach, so she decided to give me a call for a one-on-one change session. She was only 16 at the time.

After a 2 hour hypnosis session with me in my office I got her to vividly imagine what she wanted her future to be like, the feelings she would have when she achieved them, the new opportunities it would give her and what it would mean for her daughter to be happy and secured.

I instructed her to make the images bright, colourful, vivid and the sounds wonderful in her imagination until it felt like she was actually experiencing her success as being real in the present moment! I advised to do this visualisation exercise every morning and every night for at least 2-3 weeks!

She wrote down all of her goals and I told her to go with these positive feelings and to spend at least one hour a day working towards the pursuit of achieving these goals.

After 2 years of not seeing her (out of the blue) she gave me a call and stopped by my office to thank me for all the help I gave her.

At the age of 18 she now runs a successful hair and beauty business, her daughter Abbey is doing just fine. Sarah is happy that she can give her daughter all the things she never had.

I reminded Sarah that there was no need to thank me as she was the one who made her dreams come true and she used the power inside of herself to make her dreams real today.

Sarah's life is much more fulfilling now. She enjoys running her business, going out to dinner with her friends and family and loves Abbey to pieces.

She now has the strength to move forward in her life to create the type of life-style and daily emotions she truly deserves for her and her new family.

Use Your Focus, Intent and Action!

The worlds most greatest leaders, speakers and celebrities all have one thing in common. They have unshakable intent and take action towards their dreams and desires despite what anyone else thinks, and no matter what obstacles used to get in their way.

You already use your intent everyday, you use your intent to brush your teeth in the morning and to change your life for the better, you intent to make your life better and this puts your positive life into motion.

Without intent it would be almost impossible to overcome barriers and move forward.

Your intent and action has brought you to my website and it has resulted in you reading this right now!

You can use this same intent and action that you use everyday to overcome problems, build your self esteem and confidence beyond measure and with less effort.

With a few decisions and a compelling future you can start using your intent RIGHT NOW!!

If you want to achieve fascinating results and overcome life problems, make the decision right now to **intend** to do so.

You deserve to feel happy and secure within/about yourself and nobody has the right to take that away from you!

Make your dreams real today with the power of focus, intent and action daily!

It is in your moments of decision that your destiny is shaped.

- Tony Robbins

"Very inspirational and comprehensive guide to building self esteem! A must have to add to your personal collection of self improvement

programs. Now I've learned to live my life in abundance without being a victim of circumstances. If it wasn't for Nicholas' warm advice and guidance I don't know If I would have pulled through my experiences. I was in heart ache, but now my heart is healed and so is my ability to love again and be happy.Thank you!"

Sarah Jane, France

Question:

Will this work if I've had performance anxiety, identity issues, social anxiety - nervousness - shyness, physical inadequacy or relationship troubles?

Nicholas

This will work with anyone of any age, as long as you have a mind, a body and an imagination.

In my way of viewing things, the only "failures" in life are those who keep doing the same old thing they've been doing, over and over, hoping to get a different result! Winners recognise there is a better way and take action...right NOW!

When you learn how to use your natural born recourses effectively you find you gain the power to create success because you gain the flexibility and resilience to bounce back from your life problems Today!

You have an opportunity to discover that you don't need the outdated self esteem rituals of the common world in order to feel that wonderful sense of happiness and security within yourself. AND it's even more wonderful to realize that you can get past what you "typically" thought was possible by super-charging your self esteem in only 4 Days FLAT.

***Bonus* Reason 5#:**

The core of your being is an infinite source of possibility that holds all the positive emotions and inner fulfillment you could ever want to experience.

Everything you could ever want is **within you!**

You have a bunch of emotions waiting to **explode** in terms of you creating what you desire!

It's just a case of unleashing your emotions out into the world - in a way that allows you to grow and feel more better about yourself. It's all about expanding your reach!

About Nicholas Finnegan:

Nicholas Finnegan sunk down to a really low point in his life and eventually reached a stage of considering suicide. Upon reaching this point, he realized that life itself is the most important thing in the world to him and now cherishes it more than anything!

He has overcome massive emotional struggles, and continues to develop his own life for the better, and through inspiration - decided to share the amazing discoveries he has learnt to benefit us all.

If Nicholas is not learning something new to improve his life changing skills. He is putting in the time and energy to experience something new for the positive benefits of sharing with others.

He is an author and a practitioner of a variety of approaches including NLP, Hypnosis, Coaching, Symbology and Story Telling.

Nicholas is repeatedly pushing the limits to learn more, to give more back, and is a dedicated life time learner in understanding how to create what is needed within us to succeed.

He has released Higher Self-Esteem and More... which became a nationwide best seller in just 9 months and is the first self esteem system scientifically proven to change your life by 240% in only 4 days!

He has made TV appearances on shows such as Life Success TV and GMTV and hosts seminars world-wide sharing with others his powerful approach towards personal development.

Can you remember a time when you got absolutely fed up with something which generated enough emotions inside of you to change it very rapidly?

Imagine if you ran with this explosion of emotion for 4 days, do you think there would be some sort of a change?

It's time to start unleashing your true personal power to create the life you truly deserve...

"I've tried numerous self-esteem CD's and none of them worked as well as the Higher Self esteem and More course".

Max, Rome

You yourself, as much as anybody in the entire universe, deserve your love & affection."

- *Buddha*

Question:

I'm not a very good learner and also very skeptical, how can I make sure this works for me?

Nicholas

I wasn't a very good learner either, and highly skeptical beyond belief. Using these techniques will help you become better at learning, open you up to possibility and so much more...

After all, when we first started to walk, NONE of us were good at it! The most important skills of our lives are learned, NOT something we are born with. How cruel and unfair to expect people to be born knowing how to create powerful self esteem! Free yourself of that wicked, unfair belief and claim the success that is waiting for your bold and determined move.

A Final note: Remember that you were born with love and forgiveness in your heart from the very moment you came into this world, and nobody can take your love away from you.

www.nicholasfinnegan.com

Build 240% more self esteem in 4 days

To Supercharge your self esteem and confidence in 4 days flat go to:
www.nicholasfinnegan.com

Feel free to pass this ebook on to your friends and family.

All the best for your love, future and happiness,

Nicholas Finnegan

Author of Higher Self Esteem and More...