

I work well under pressure  
and  
always feel motivated



*I spend time with others who inspire me - even if it's online & I don't know them personally*



I am courageous.  
I have courage.  
I use my courage.





I am flexible in my approaches

*We are all stronger*  
**than we think**





You have a  
**magnetism**  
**Use it wisely**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Decide  
where  
to go*

Positive Prime for Confidence  
by Kim Sangmi  
[www.positiveprime.com](http://www.positiveprime.com)



*I walk*  
**confidently**



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue overlay.

*Encourage*  
**yourself**



Positive Prime for Confidence

By Kise Serçin


[www.positiveprime.com](http://www.positiveprime.com)

Asking questions instills  
confidence because you value  
what others have to say



*I will be open-minded and always eager  
to explore new avenues to success*





I harness  
spontaneous  
delight



I allow others to be inspired by me

*I am braver than*  
**I believe**





I have an  
**ability to  
simplify**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Does it  
fulfill  
you?*





*We are all*  
**skilful**

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I am encouraging  
of myself*

I am grateful that  
my life is so  
happy and successful



*I am happy for others  
I am delighted for them & their success*



I adopt  
high-power pose for  
over 2 minutes when  
I need to feel more  
confident






I have bulletproof confidence in myself

*I am*  
**likeable!**



A woman with long dark hair, seen from the back, is wearing a dark blazer and looking at a laptop screen. The background is a blurred office or meeting room with other people and lights.

# Research robustly & early

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)





Go out  
&  
get busy...



*Compliment*  
**others**

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue and green color overlay.

*Support*  
**yourself**



Positive Prime for Confidence

By Kise Serçin

[www.positiveprime.com](http://www.positiveprime.com)

The universe is filled with  
endless opportunities for  
my career



*I always express my thoughts and opinions  
with both sensitivity & confidence*



What's  
~my home~  
as  
Elizabeth Gilbert  
asks?





Allow time for confidence to mature

*I act*  
**confidently**

[www.positiveprime.com](http://www.positiveprime.com)







Simplify

**Simplify**

Simplify

Positive Prime for Confidence  
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[www.positiveprime.com](http://www.positiveprime.com)



*Raise  
your  
gaze*

Positive Prime for Confidence  
by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)



*Ask*  
"Why?"

Positive Prime for Confidence

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I am supportive  
of myself*

I am grateful for clean air,  
pure drinking water & safe  
places to exist within



*I am extremely passionate about constantly  
being better and more successful*





I reach  
out & ask  
for help  
when I need




I have unbreakable confidence within myself



*Because I believe*  
in myself,  
so will others





I am drawn to  
**creating  
evidence**

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*Bring  
it  
on!*

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by Kim Sangmi  
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*Help*  
yourself

Positive Prime for Confidence

A man with a beard, wearing a white sweater, is sitting outdoors and reading a document. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I am  
learning and making  
**smarter decisions***

I have the power to create  
all the success and prosperity  
I desire



*I am a powerful creator.  
I create the life I want and enjoy it.*



The right resources  
become available  
**BEFORE**  
I need or want them







I am confident that I will achieve my goals

*Create your own*  
**luck**



A woman with long dark hair, seen from the back, is wearing a dark blazer and looking at a laptop screen. The background is a blurred office or meeting room with other people and warm lighting. A semi-transparent white box is overlaid on the right side of the image, containing text.

I seek  
**social  
support**

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Most of all,  
**surprise**  
**yourself**  
Be a pleasant  
**surprise**



*I am worthy*  
of love

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and focused.

*I am learning to*  
***trust the journey***

Confidence empowers me  
to take action and live life  
to the fullest



*I can never fail, for everything that happens contributes to me being better*





Most people  
are thinking  
about themselves





I ask for advice about my accomplishments

*I am naturally*  
**confident**





Put 100%  
**into what  
you're doing**

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Why  
I am so  
kind?

Positive Prime for Confidence  
by Kim Sangford  
[www.positiveprime.com](http://www.positiveprime.com)



*Respect*  
time

Positive Prime for Confidence

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is peaceful and contemplative.

*I am grateful*  
**to be me**



Positive Prime for Confidence

By Kise Serçin

[www.positiveprime.com](http://www.positiveprime.com)

I pay attention  
and  
notice all of the finer details





*I choose to think positively and create a wonderful and successful life for myself*



I seek out  
awesome mentors  
who help me to  
understand  
myself





I embrace positive alternatives


*I am*  
**very lucky**





# Advocate for yourself

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*I am  
commanding*

Positive Prime for Confidence  
by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)



*I inspire*  
**myself**

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue and green color overlay.

*I exude*  
**confidence**



Positive Prime for Confidence

By K'Lee Serajini

[www.positiveprime.com](http://www.positiveprime.com)



I have everything I need to  
face any obstacles that come



*Feeling confident, assured, and strong  
is a normal part of my everyday life*



I will stand by my  
well-considered  
decisions.

They are sound  
and reasoned





I attract only healthy relationships

*I really am*  
**fortunate**





Get moving!

**Move.**

**Enjoy**

**movement.**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Rise up*  
**Rise up**  
*Rise up*



*Cherish growth*  
**opportunities**



*I create*  
**solutions**

I am worthy of all the good things  
that happen in my life



*I am quick to address whatever needs  
to be taken care of properly & swiftly*



Excellence in  
dealing with an  
issue quickly is  
always preferred





I am willing to act with confidence

*Get started*  
Just get  
going. . .

[www.positiveprime.com](http://www.positiveprime.com)





You have a  
**charisma -  
use it**

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Make  
a  
decision

Positive Prime for Confidence  
by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)





*Lean*  
**forward**

Positive Prime for Confidence

*I motivate*  
**myself**

I teach others to believe in me  
by believing in myself



*I reflect on my achievements & allow myself to feel great about myself*



Work hard.  
Yes.  
Work hard  
and  
**LOVE THE  
PROCESS**





Every moment I am here is a gift

*Luck is also on*  
**my side**





Have humility  
**with your  
confidence!**

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*Strive  
for your  
goals*



*I am exceptional*

at asking  
others for  
advice

A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and reflective.

*I treasure*  
***my imperfections***

*Others can be confident about me -  
I deliver on my promises*



I always attract  
only the best of  
circumstances  
and I have the best  
people in my life






Hold yourself to a standard of excellence

*I need generous*  
**advice**





There is always a  
**silver lining**  
**for me**  
**I make sure of it**

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We  
are all  
*blessed*



*I make others*  
feel sure that  
we'll get  
there

I made decisions based on  
the superstar I am becoming



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I love that*  
***I am unique***

*Do whatever challenges you and be  
easy on yourself getting started*



I have,  
or can quickly get,  
all the knowledge  
I need to succeed





I see the real beauty in others

*We are in awe of*  
**each other**







How  
**can I be  
more kind?**

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by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Make  
it  
count*


Positive Prime for Confidence  
by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)



*I deepen*  
**my expertise**

I continuously push myself to  
learn and develop in areas of life that  
bring me happiness, freedom, and purpose



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*Today I savour  
the best experiences  
that continue to give  
me confidence*

*Others can be confident about me -  
I succeed in my commitments*



I take actions  
that allow me  
to feel an honest  
confidence about  
the day or event





Set short-term goals that are easy to achieve



*I am keenly*  
**adventurous**



A woman with long dark hair, seen from the back, is wearing a dark blazer and looking at a laptop screen. The background is a blurred office or meeting room with other people and lights.

Be kind  
in your  
thinking

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by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Build*  
**yourself**  
*up*

Positive Prime for Confidence  
by Kim Sangil  
[www.positiveprime.com](http://www.positiveprime.com)



*You're in*  
**command**

If someone else can do,  
I can do it... I'll dig deep. I'm willing  
& able to learn & grow!



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is peaceful and contemplative.

*People can  
see the beauty  
of my soul in  
my eye contact*

*Be optimistic. Think about how well  
I can and will go. Make \*that\* happen*



I am  
observant & know  
when to make  
an ambitious ask








Make different decisions if necessary & desirable

*Be known for your*  
**proactivity**





I am often  
**in awe of  
myself**

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Keep  
your  
cool




*Be*  
**commanding**

Positive Prime for Confidence

I am focused on my goals  
and  
feel passionate about my work



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and positive.

*Feeling confident,  
assured, and strong  
is a normal part  
of my everyday life*

*You have powers, that's for sure!  
Be reasonable with them...*





What are my  
core strengths?  
How can offer &  
share them?





Be known for your conscientiousness team spirit

*I am stronger than*  
**I seem**





Get help

**Be confident  
about seeking  
great advice**

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*Remove  
the  
sting*


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*I value others'*  
**expertise**

I focus on the future. I am creating  
the life I want. I'm developing into  
the person I want to be



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue and white color palette.

*I really do  
deserve all that's  
**magical to happen  
to me***



*Choose a mentor who sees more in you  
than you can see in yourself*



I take the other  
person's perspective  
easily & quickly





I learn about non-verbal communication

*Remember to have*  
**a great time**





I solve

**what needs  
to be solved**

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Give  
*yourself*  
a chance

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by Kim Sangmi  
[www.positiveprime.com](http://www.positiveprime.com)




*Help others to*  
**be present**

I acknowledge  
my own self-worth;  
my self confidence is rising





A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*I've noticed  
that all of my  
**inspired ideas  
are superb***

Follow-through  
Follow-through  
Follow-through



Today I celebrate  
myself and how  
much I've  
improved





Gather your cheerleaders & keep them close

*It's OK to notice  
the rush*

**of adrenalin —  
use it for good!**





Be glamorous  
**with your  
confidence**

Positive Prime for Confidence  
*by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



*I succinctly  
show  
my passion*



*I delightfully  
demonstrate*

**my  
passion**



I wake up every morning  
ready for a new day of  
exciting possibilities



*Prepare.*

*Be prepared.*

***Think things through  
thoroughly.***

*I am compassionate  
with others and myself*



I am excellent  
at advocating  
for  
others & myself





Be the most likable version of yourself

*Be*  
**stylish**

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Change the aspects of  
**yourself that  
you would  
like to**

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by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*I provide  
excellent  
evidence*






*Stay*  
engaged

Positive Prime for Confidence

I take the time & make the effort to enrich my relationships




A man with a beard, wearing a white sweater, is sitting outdoors and looking down at a document he is holding. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and focused.

Get help.  
Be confident  
**about asking for  
assistance.**

*I spend time nurturing my important,  
significant & meaningful relationships*



A rocket is shown launching from the ocean surface, ascending into a starry space filled with a galaxy. The rocket is white with red and blue stripes and is emitting a large plume of fire and smoke. The ocean below is dark blue with white-capped waves.

Most people  
are looking  
within to notice  
YOU



I shine a bright light on my passion

*Be humble -*  
**above all else**





I have great ideas  
**I make  
useful  
contributions**

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by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)





*I get my  
allies on  
my side*



*Reverse*  
time

Positive Prime for Confidence

I am the architect of my life;  
I build its secure foundation and  
choose its fabulous contents



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*Lead.*

*Lead yourself & others.*

***Be a leader.***

***Develop as a leader.***

*Every challenge I face is an  
opportunity to grow and improve*



I am valuable  
and will make  
powerful  
contributions  
to the world  
today





What advantage does doing it well give me?

*Why am I so*  
**confident?**





A woman with long dark hair, seen from the back, is wearing a dark blazer and looking at a laptop screen. The background is a blurred office or meeting room with other people and warm lighting.

I seek

**exceptional  
evidence**

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*I can be*  
**counted**  
*on*



*I can do  
healthy things*  
**for  
myself**

I'm raising the price on me - and  
I'm also raising my standards conscientiously  
& delivering above & beyond expectations!



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*Gain the  
attention you need  
**by achieving your  
goals with grace***

*Work with a teacher who sees brilliance within  
you & has the skills to help you to shine*



What in the world  
do I love more than  
I love myself?





I deserve the love I am given



*Show your innate*  
**strength**





I remember  
**what  
matters**

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*They can  
count  
on me*



*Arrive*  
early

I commit to doing  
everything that is healthy  
that makes me even happier!



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*Make*  
*decisions & learn*  
***to live with the***  
***consequences***

*I make the time and take  
the actions to help others*



Develop habits  
that are worthy  
of you being  
world-class







Be someone who generates momentum

*Behave in a way*  
you can be  
proud of



A woman with long dark hair, seen from the back, is wearing a dark blazer and looking at a laptop screen. The background is a blurred office or meeting room with other people and warm lighting. A semi-transparent white box is overlaid on the right side of the image, containing text.

# Participate in activities of interest

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*Expand  
and lift up  
your chest*



*I allow others to*  
**understand  
how smart  
I am!**

I can overcome whatever is  
necessary & desirable



A man with a beard, wearing a white sweater, is sitting outdoors and looking down at a document he is holding. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I learn what needs  
to be learned  
**to assure of  
my credibility***

*Be upfront about potential objections -  
table them, air them, highlight them...*





I am gentle,  
kind, caring  
and considerate  
towards myself too





I aim my help at myself first

*I have the*  
**credibility**






Embrace  
**who you  
are**

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[www.positiveprime.com](http://www.positiveprime.com)



*I respect  
others'  
time*



*Open up your*  
**physiology**

Positive Prime for Confidence

Behave in way others are  
proud to be associated  
with you



A man with a beard, wearing a white sweater, is sitting outdoors and looking down at a document he is holding. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue and green tint.

*Talk about  
times when  
**you've been  
in control***



*Every day I discover interesting  
and exciting new paths to pursue*



You are the only  
person on  
earth who can  
**BE YOUR BEST**  
&  
**DO YOUR BEST**






I talk confidently, articulating carefully

*I really am a*  
**miracle**





I have  
**infinite  
power**

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*All  
will be  
well*

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*I am*  
**alluring**

Thank you Thank you Thank you  
Thank you Thank you Thank you Thank you  
Thank you Thank you Thank you





A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and focused.

*Be brilliant  
at confirming  
everything well  
in advance*

*I am surrounded with people  
who push me to be my best self*



Prepare properly.  
Seek more information.  
Gather facts.  
Imagine  
the best outcomes





I attract harmony and peace

*Life really is*  
**magnificent**





Make it  
**easier**  
**for others**

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Keep setting  
smaller goals  
**that are**  
easier to  
achieve



*I am worthy  
of joy*



Exercise Exercise  
Exercise  
Excercise Exercise



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and positive.

Create  
the conditions  
**that give you  
optimism**

*I acknowledge my own  
self-worth - my confidence is rising*



Thank your  
cheerleaders  
& those who do  
great PR for you  
about you!





I am blessed with infinite potential

*I am comfortable*  
and  
captivating





Be responsible to  
**your dreams**  
&  
**goals**

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Get  
back  
to work

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by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)



*Foin*  
**in**

Positive Prime for Confidence



Yes O Yes  
Yes Yes Yes Yes  
Yes O Yes




A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue overlay.

*Take a class  
to develop  
**your  
confidence***

*I am energetic and enthusiastic.  
Confidence is my second nature.*





Focus on  
the connection  
you're making with  
your audience



Confidence in me is well placed

*I accept all that is good*  
**within**  
**myself & others**





Stand tall  
on your own  
two feet

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YAY

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by Kim Sangil  
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*Compliment*  
**yourself**

Now Now Now Now Now Now Now  
Now Now Now Now  
Now Now  
Now Now Now Now  
Now Now Now Now Now Now Now



*Handle the mistakes.*

**Learn.**

*I can let go of old, negative beliefs that  
have stood in the way of my success*



I acknowledge  
my own self-worth;  
my self-confidence  
is rising





Mindful application develops confidence

*I really am*  
**marvelous**







People  
**count  
on me**

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Connect  
to the  
heart

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*I am*  
**optimistic**

Positive Prime for Confidence

Super-Confidence is flowing  
through my veins.  
It's also oozing out of me.



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I've explored*  
**“Guided Mastery”**

*I give people at least 2 options that  
could or would work perfectly*



Draw someone  
else's attention  
to their strengths  
that are valuable?





Persist. Persist. Persist. Persist. Persist.



*Be*  
present

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I am a  
**vessel of  
happiness**

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*Be calm  
&  
steady*



*Actively*  
**listen**

Positive Prime for Confidence

I trust my intuition  
and  
I always make wise decisions



A man with a beard, wearing a white sweater, is sitting outdoors and reading a document. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*How did I become  
so confident?*

*The best resources are there for me  
as & when I desire*



I dedicate my  
energies with such  
singular devotion  
that the ultimate results  
become inconsequential







Perfect practise develops confidence

*Why is my courage*  
**valuable?**





I am  
**ready to  
face it!**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*I display  
my  
expertise*



*Hold yourself*  
**accountable**

I create a robust plan for  
my life & it gives me  
confidence



A man with a beard, wearing a white sweater, is sitting outdoors and reading a letter. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and reflective.

*You deserve your own*  
**love & affection**

*Others look up to me as a leader  
because of my confidence*





I inhale confidence  
and hold my breathe  
& then and exhale  
slowly in a calm &  
peaceful way





Be someone who galvanises others

*Call on others  
to show up as  
the best version  
of themselves*





Keep Calm

**Stay Calm**

**Be Calming**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



Show  
consistency  
in your  
thinking  
and  
behavior



*Open*  
**Up**

Positive Prime for Confidence

My life is a blast of  
growing opportunity because  
I never stop creating



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is peaceful and contemplative.

*I am happy and free*  
**because I am me**



*I have all that I need to  
make today a great day*



I return to  
important principles  
and priorities that  
drive wise decisions





I go confidently in the direction of my dreams

*Why do I allow*  
**my brilliance**  
**to shine?**





Become  
**super-sharp**  
**quickly**

Positive Prime for Confidence  
*by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



Who will  
**appreciate**  
my values?



*I inspire*  
confidence

You can definitely do it.  
Just take the leap... and  
increase the momentum





A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and focused.

*Soften  
your gaze*  
**Give yourself  
a chance**



Positive Prime for Confidence

By Kilee Serçinli

[www.primetime.com](http://www.primetime.com)

*I have the desires & abilities  
to grow and change*



I think that I really  
am more socially,  
emotionally  
& intellectually  
fabulous than I've  
given myself credit for





Have a mentor who will be accountable

*Discover your*  
**gifts**





I trust in  
**my abilities**  
**to love**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



Research  
*really*  
well

Positive Prime for Confidence  
by Kim Sangil  
[www.positiveprime.com](http://www.positiveprime.com)



*We are all*  
**gifted**



I am self-reliant, creative  
and  
persistent in whatever I do



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and positive.

*People feel at  
ease with  
**my genuine  
smile***

*I am aware of my potential &  
I'm passionately pursuing it*



Be someone who  
**COMPLETES**  
exceptionally well





I give people confidence

*I embody*  
**confidence**





Baby Steps

**Baby Steps**

Baby Steps

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Anticipate*

Positive Prime for Confidence  
by Kim Sangil  
[www.positiveprime.com](http://www.positiveprime.com)



*Lean*  
**in**

Positive Prime for Confidence



I was born confident.  
I can tap back into that  
innate knowing.



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I believe in  
myself with  
**full  
confidence***

*Surround yourself with  
people who appreciate you*



Be someone who  
**INITIATES**  
exceptionally well





I act as if I'm confident when I have to

*My confidence is a*  
**shining light**





Make it  
**more fun  
for others**

Positive Prime for Confidence  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)





Stay

Positive Prime for Confidence  
by Kim Sangil  
[www.positiveprime.com](http://www.positiveprime.com)



*In exquisite  
detail*

**describe my  
ambitions**

I confidently can say that  
I get better in life every day  
in every way



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and focused.

*Everybody is*  
**PERFECT**  
*in their*  
**own way**

*Surround yourself with  
people who understand your worth*



I have  
the knowledge  
to make smart  
decisions for myself





I believe in my skills and abilities

*I run my own race*

**I stay in my  
own lane**







I feel great  
**about  
myself**

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by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



*Inspire others  
as  
you reach your  
ambitious  
goals*



*Set yourself up for*  
**a series of  
small  
successes**

I put my arms up  
- in the VICTORY POSE -  
when I want to feel more confident




*Try harder.*

*Yes.*

***Try  
even harder.***

*Ask yourself about how you  
will feel in 20 years time...*





I meditate on the light  
within & allow it  
emanate & illuminate  
ALL of the spaces  
I find myself in




I find others who motivate me



*I confidently meet*  
**any challenge**





I learn about  
**body  
language**

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[www.positiveprime.com](http://www.positiveprime.com)



Get  
started  
earlier

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by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)



*I try & test*  
&  
develop  
my credibility

As I take on new challenges  
I feel calm, confident, and  
powerful



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*I spend time  
in nature  
to ground  
myself*

*Really think about the consequences  
and implications - both short & long term*



My mind is clear  
of self-doubt, and  
I am ready to embrace  
every challenge  
that comes my way







I've fallen in love with myself deeply

*I am willing to consider*

**even better  
suggestions**





Make sure your  
**goals are  
manageable**

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by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



Be  
*complimentary*

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by Kim Sangfai  
[www.positiveprime.com](http://www.positiveprime.com)



*Accept*  
**yourself**

Positive Prime for Confidence

I will celebrate each  
goal I accomplish with  
gratitude and joy



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*I spend time  
protecting  
the  
environment*

*Connect to the power of  
Universe & then take actions*







Be kind,  
considerate  
& thoughtful  
towards yourself



Keep looking for new adventures

*Every fiber of my being*  
**radiates  
positive energy**





I fan the sparks  
**of my fiery  
perseverance**

Positive Prime for Confidence  
*by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



*Encourage  
others  
Give them  
confidence  
to go  
forward*



*We are all*  
**talented**

There is always stunningly  
bright light at the end  
of all tunnels



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall image has a light blue tint.

*I make  
the BEST out  
of every  
situation!*



*Others can be confident about me -  
I'm trustworthy*



Every day I will  
become more  
confident, powerful,  
and successful






Will it allow you to feel profoundly peaceful?

*Why do I admire*  
&  
*respect myself?*





I am living  
**to my full  
potential**

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A close-up photograph of a silver tray filled with numerous champagne flutes. The glasses are arranged in neat rows and are filled with a golden, bubbly liquid, likely champagne or sparkling wine. The background is softly blurred, showing more glasses and a warm, ambient light. The overall composition is elegant and celebratory.

*When your  
mouth is dry  
- drink water -  
take many  
sips*

I have the courage to create  
positive change in my life



*It's OK to notice your heart-rate increasing  
- just breathe deeply & slowly*





A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and positive.

*I am,  
and  
always will be,  
enough*

I heartily  
congratulate  
others in a genuine  
& sincere way





What benefit does getting started give me?

*Secure a coach  
who will really  
provoke you to  
be your best*

[www.positiveprime.com](http://www.positiveprime.com)




My actions are intentional  
and they bring me closer  
to my goals



*Surround yourself with  
people who value you*





Regularly  
remind  
yourself of all  
of your successes



I allow others to be motivated by me



*Pause & Think*

Take another deep,  
slow breath



A man with a beard, wearing a white sweater, is sitting and looking down at a document he is holding. The background is a soft-focus outdoor setting with trees. The text is overlaid on the left side of the image.

*I have great ideas  
and  
make great  
contributions*

I am a strong individual  
who attracts  
success and happiness



*How can I become more comfortable  
explaining what value I contribute?*



Shoulders back.  
Chin up high.  
Breathe deeply &  
slowly. Encourage the  
twinkle in your eye.





Why does my courage work in my favor?

*I do what's necessary*  
to earn the  
credibility



Others look up to me as  
a leader because of  
my confidence





*I am becoming more aware of  
my strengths, gifts, talents & skills*



Take Action.  
Learn & Improve.  
Take More Actions  
Learn even more...  
Develop & Grow & Improve  
Take Better Actions



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The text is overlaid on the left side of the image.

*I allow others  
to  
appreciate  
how creative I am!*



Most people are focused on themselves

*Gain attention  
by helping others  
to achieve their  
goals gracefully*




*Be playful.*

*Enjoy yourself.*

**Have a light-hearted  
approach.**

Be the most positive  
version of yourself



A man with a beard, wearing a white sweater, is sitting outdoors and reading a book. The background is a soft-focus natural setting with trees and foliage. The overall tone is calm and educational.

*Work with a  
teacher who  
**will hold you  
to account***



I am surrounded by supportive,  
positive people who believe in  
me and want to see me succeed

