

# Confidence Statement

Choose to continuously grow your belief, courage, and confidence. The process of creating real and lasting results is greatly enhanced when you understand the vital connection between your heart and mind. What you consistently think about and repeatedly say, powerfully impacts how you act and exude your character.

Disciplined thoughts, words, and beliefs help achieve desired outcomes. In addition to visual cues or reminders of your dreams and future achievements, read the following *Confidence Statement* aloud twice daily. Engage your whole self in the work of creating your results as you program your subconscious mind for success and stir your heart to action!

**I have** the ability to build a successful dōTERRA business and fulfill my purpose in life. I am persistent as I work toward reaching my goals.

**I realize** that what I think and believe eventually becomes my reality. I concentrate my thoughts on the person I intend to become and create a clear mental picture of that person.

**I understand** abundance, influence, and rank only last when built upon actions that benefit everyone they affect. I maintain a service mindset as I bring hope and wellness to the world. I succeed by gaining the cooperation of other people.

**I encourage** and invite others to join me because of my willingness and efforts to serve those around me with love, compassion, honesty, and gratitude. Others believe in me because I believe in them and in myself.

- I influence and make a difference in \_\_\_\_\_ (#) of lives.
- I earn \$ \_\_\_\_\_ monthly through my dōTERRA business.
- I am a \_\_\_\_\_ (rank) on or before \_\_\_\_\_ (date).

In exchange for this rank and income, I give my very best effort. I continue to act until I have developed sufficient self-confidence to attain it.

***I sign my name to this Confidence Statement. I memorize and repeat it with full faith that it is continually influencing my thoughts and actions, creating the results I desire.***

\_\_\_\_\_  
*Signature*

This statement is adapted from ***Think and Grow Rich*** by Napoleon Hill.

To further your knowledge and understanding, consider reading the entire book.