

SELF-CONFIDENCE & SELF-DISCIPLINE

Formula

- FIRST -

I KNOW THAT I HAVE THE ABILITY TO ACHIEVE THE OBJECT OF MY DEFINITE PURPOSE IN LIFE, THEREFORE, I **DEMAND** OF MYSELF PERSISTENT, CONTINUOUS ACTION TOWARD ITS ATTAINMENT, AND I HERE AND NOW PROMISE TO RENDER SUCH ACTION.

- SECOND -

I REALIZE THE DOMINATING THOUGHTS OF MY MIND REPRODUCE THEMSELVES IN OUTWARD, PHYSICAL ACTION, AND GRADUALLY TRANSFORM THEMSELVES INTO PHYSICAL REALITY, THEREFORE I CONCENTRATE DAILY, UPON THE TASK OF THINKING OF THE PERSON I AM BECOMING, THEREBY CREATING IN MY MIND A CLEAR MENTAL PICTURE OF THAT PERSON.

- THIRD -

I KNOW THROUGH THE PRINCIPLE OF AUTO-SUGGESTION, ANY DESIRE THAT I PERSISTENTLY HOLD IN MY MIND WILL SEEK EXPRESSION THROUGH SOME PRACTICAL MEANS OF ATTAINING THE OBJECT BACK OF IT, THEREFORE I DEVOTE DAILY TO DEMANDING OF MYSELF THE DEVELOPMENT OF **SELF-CONFIDENCE AND SELF-DISCIPLINE**.

- FOURTH -

I HAVE CLEARLY WRITTEN DOWN A DESCRIPTION OF MY **DEFINITE CHIEF AIM** IN LIFE, AND I WILL ALWAYS ALIGN WITH SUFFICIENT SELF-CONFIDENCE AND SELF-DISCIPLINE FOR ITS ATTAINMENT.

- FIFTH -

I FULLY REALIZE THAT NO WEALTH OR POSITION CAN LONG ENDURE, UNLESS BUILT UPON TRUTH AND JUSTICE, THEREFORE, I ENGAGE ONLY IN TRANSACTIONS WHICH BENEFIT ALL WHOM THEY AFFECT. I SUCCEED BY ATTRACTING TO MYSELF THE FORCES I WISH TO USE, AND THE COOPERATION OF OTHER PEOPLE. I INDUCE OTHERS TO SERVE ME, BECAUSE OF MY WILLINGNESS TO SERVE OTHERS. I ELIMINATE HATRED, ENVY, JEALOUSY, SELFISHNESS, AND CYNICISM, BY LOVING ALL HUMANITY, BECAUSE I KNOW THAT A NEGATIVE ATTITUDE TOWARD OTHERS CAN NEVER BRING ME SUCCESS. I CAUSE OTHERS TO BELIEVE IN ME, BECAUSE I BELIEVE IN THEM, AND IN MYSELF.

I HAVE SIGNED MY NAME TO THIS FORMULA AND COMMITTED IT TO MEMORY, I REPEAT IT ALOUD DAILY WITH FULL **FAITH** THAT IT WILL RAPIDLY INFLUENCE MY **THOUGHTS** AND **ACTIONS** SO THAT I BECOME A SELF-RELIANT, AND SUCCESSFUL PERSON.

Napoleon Hill

DATE

PRINT NAME

SIGNATURE