

## How to Develop Your Faith and Self Belief to Help You Succeed

As an emotion, faith is among the strongest and is a state of mind that most effects the subconscious mind. This is important when it comes to putting your thoughts into action in everyday life. If you set yourself a task but are lacking the faith in yourself to complete it then subconsciously you are accepting defeat as inevitable. However, if you are able to convince yourself subconsciously that you can achieve what you set out to do then your efforts will be boosted and the results will reaffirm your self belief and strengthen your faith.

It is difficult for people to strengthen faith if they are lacking it. However, it is achievable and is done by a process which involves encouraging positive thoughts and emotions in the subconscious mind rather than negative ones. This can be more clearly understood if you take a moment to think about how people fall into negative habits such as alcoholism. When a drinker remembers their first ever drink they will more than likely say they did not enjoy it. After becoming accustomed to drinking regularly and enduring the bad side effects they eventually start to embrace alcohol and eventually begin to rely on it. This example suggests that if thought impulses of any kind are repeated and encouraged then that person will seek to express those thoughts through their actions. If the thoughts are positive and result in constructive actions then faith may be strengthened.

If thoughts are backed by strong emotions such as faith and love then they have more chance of being expressed through actions. Therefore your actions can be affected by any strong emotion whether it is positive and productive or negative and destructive. If you are to become successful in whatever goals you have set yourself in life then you need to avoid negative emotions and encourage positive ones. As a consequence you will acquire a subconscious mind that will start to act upon all the positive emotions including faith.

One of the most common causes of a lack of faith is low self confidence. This can be over come through a similar process to the one just mentioned. If you take the time to write down all your positive experiences and attributes and then read these to yourself daily, you will find that the repeated positive affirmations will reassure you of your accomplishments subconsciously and restore faith. The following few principles outline methods to help with faith and self confidence.

Firstly you need to realise that you have the ability to meet your main objectives in life. This means you need to be persistent at all times in chasing your aims even when there are signs of initial failure.

Secondly you must spend some time in the day just thinking positively about yourself and where you want to go in life. A mind dominated by positive thoughts will eventually express desirable physical actions

Thirdly you should have your ultimate dream goal written down and you must promise yourself that you will never give up trying to achieve that goal even if you are not, at that time, confident enough, you will be eventually.

Fourthly you should take advantage of others to achieve your goals. You will be able to succeed by putting the hard work in yourself which will make the rewards all the more sweeter. A negative attitude to people will not bring success. However, by making others believe in your ability you will reaffirm your self belief.

Repeat these principles and you will find that you are able to increasingly influence your subconscious mind. This process of positive thinking has been called auto-suggestion and is a key to the success of many. In short if you think that you will fail then it is likely that you will, but if you convince yourself that you will succeed then you have more chance of doing so. The people that win in today's world are the ones that know they can.

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### About the Author

Jay Street is a seasoned internet marketer who runs a website which currently offers a free five day e-course and an introductory video which explains not only the principles in this article in more detail, but more methods of finding success. The website is <http://www.successvaultseminars.com/> Please click now to find out how you can achieve future success.