



One evening, an elderly Cherokee brave told his grandson about a battle that goes on  
inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy,  
sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority  
and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy,  
generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

The word "FAITH" is written in large, green, block letters. The letters have a slightly distressed or textured appearance. The background is a light-colored, textured surface that looks like aged parchment or paper.

**faith** – complete trust or confidence in someone or something.

Faith has many meanings: it can mean a religious faith, it can mean trust in a universal god or gods it  
can mean trust in a person. The following is an excerpt from an article found in Pitlane Magazine.

**Faith, when it is applied to personal growth and achieving your life dreams, in these circumstances means that you have belief and absolute trust in yourself and the universe to deliver your desires, even if you can't see how it can be done.**

**Faith is one of the greatest powers you can possess. Without it, you cannot believe that you can succeed in anything that takes you out of your comfort zone. Without faith you will not be able to make significant changes in your life or achieve significant personal growth.**

**On the other hand, people who have had faith have achieved incredible things. All great achievements have begun with an act of faith – a belief that it can be done and a trust that a way can be found.**

## **You Need to Believe in Yourself to Succeed in Life**

**What is it that the majority of people need if they are to succeed in this world? Think about it. What is holding you back? Is it lack of opportunity, is it because you lack education, or maybe it's your parents fault? No! It's none of those things. The only thing standing between you and your goals is the fact that you don't believe in your-self!**

**The majority of successful people have had only the basics in education. Most of them have had to struggle really hard to achieve their goals. But all successful people whether they come from a poor background or a rich background have one thing in common, and that is self believe.**

**Beliefs are created the instant that a person is born. Then, as a person progress through life, he/she will keep on creating new beliefs and change old ones. The reason people need to do this, is because it makes living in this world a lot easier to do, especially if you have the same kind of beliefs as your peers. Self-belief can develop early on in childhood, or it can be cultivated later on in life. The thing is self-belief is an essential ally in overcoming obstacles.**

**It doesn't matter what obstacles you're up against on your path towards your goals, you can overcome them if you totally believe in yourself. Remember you can only really rely on yourself. You have to think that you are the best. Throw modesty out of the window, you don't need it! Ignore any negative comments that people might say about you. Let these people wallow in their own negativity.**

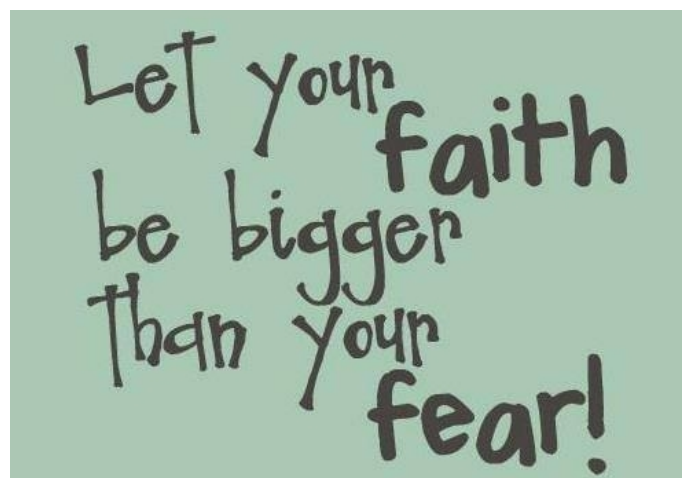
Always think that you are going to be successful, and you will. If you think that you are going to fail you most probably will.

You are what you think! Once you have this kind of positive mind-set you'll find that your self-esteem will grow and you'll feel on top of the world! If you do have very low self-esteem the best way to start building it, is by taking daily risks, each one building on the previous day's risk. For instance on the first day you could say good morning to a stranger. The next day you could start a simple conversation with the cashier at the supermarket and so on.

Remember if the cashier ignores you don't feel bad, or think that you've made a mistake because there are no such things as mistakes only learning experiences. Taking risks is a really valuable way of developing confidence and high self-esteem. Even if you just start out by taking one little risk each day, even this will improve your personality and belief in yourself immensely.

Self-esteem and believing in yourself is just one of many elements you need to learn in order to have the happiness and success that you want and deserve. People allow themselves to get all caught up in life and become off track with what they need to be focused on in order to get what they want in life. The first and most important thing is to develop a great sense of self-confidence.

Create your own opportunities and forge your own future. Your belief in yourself, coupled with the courage to see it through, is what will carry you from a life of mediocrity and under-achievement; into a world where you can be the winner you aspire to be.



## **The Art of Emotional Composure**

**If you don't believe in yourself, then it doesn't matter how talented you are or how hard you work, you will never achieve your dreams. Learning how to believe in yourself will open up endless possibilities in your life and if you are ready to make that change – the answer is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. Choose to stop doubting yourself, build self-esteem and self-confidence and have faith in yourself!**

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