



71 Days to



Bulletproof Confidence



For a Young Balding or Bald Man

Introduction

Very attractive and intelligent woman told me a while ago, that confidence is the most attractive characteristic a man can possess. I agree! And I also believe that it applies even more significantly to bald men. Confidence not only makes you attractive, but also it can virtually change your whole life.

When you become confident about yourself:

- You'll become more successful in every aspect of your life.
- You'll have the full control of your life.
- You'll believe in yourself.
- People will be attracted to you and your personality.
- You'll make fast decisions and they will be the right ones, because you'll believe in yourself, even though you might fail at times which is absolutely ok.
- You'll fail more, but you'll learn from the mistakes you make while doing so. Learning from mistakes is undoubtedly the best and fastest way to learn.
- You'll follow your passions.
- You'll be financially more successful.
- You'll attract and get along with other people.
- You'll go for what your heart longs for and ultimately live life with no regrets.
- And the best of all: You will live up to your true potential!

And all those aforementioned outcomes of having self-confidence is nothing but awesome! So bear it in your mind my fellow balding or already young bald man. Confidence is the most attractive quality you can possess! This book is about the positive way of approach to reach your final goal. Which is to become a man with bulletproof confidence.

The methods described in this book proved to be extremely successful and effective in molding my own self confidence.

And if you know me well enough, you could tell, that the self-confidence which I gained through practicing these methods is well above average. Actually for the most part it's pathologically high and that means that I have to purposely lower it. It is so high it gets me in trouble sometimes. But after all, it's all in favor of me and I am not complaining. I wish the same for you my fellow young balding or already bald man!

My overall confidence is built on these well distinguished steps that I have incorporated into my life. And they have served and still serve me incredibly well. And every one of you who's having a rough time in basic social situations because you're ashamed of or disappointed in yourself just because you're going bold; do not get disheartened because you're about to start on a mission that will get your confidence way above average too! And it will change your life!

Just follow each step for 71 days, every single day, and they will become habits that will boost your overall self-confidence high up to the skies. Your confidence will reach a bulletproof level that will be virtually impossible to brake. And you need every bit of that self-confidence! Make it your mission to gain more and more self-confidence!

Plan of the attack:

Follow each step described in this book for 71 days, every single day, except for Sunday or a certain day of your choosing, in order to turn each and every one of them in to a habit. At first 71 days might seem like a long time. Yes it is way too long compared to the so called "miracle methods" that gurus out there are advertising about. But I believe that the foundation of true bulletproof confidence have to be strong and well established. Therefore 71 days is the optimum time to establish a strong-footed foundation to build you confidence upon.

I believe that everything valuable in our lives takes time, energy and effort. It's the same about achieving the level of confidence you want to possess. You have to spend your time and energy to reach the level of confidence that you want to reach. You have to build the foundation of your high bulletproof confidence structure that's going to be impenetrable. But all these skills and habits you'll acquire will serve you very well for the rest of your life.

By day 71 after starting each habit to conquer, you'll be a man that possesses this incredible life transforming weapon - bulletproof confidence!

Easier said than done, so let's stop talking about what we're going to do and start on how we're going to do this! Let's get started!

Your bulletproof confidence pursuit map:

Approach each step in bulletproof confidence program in single day. That day starts the 71 day pursuit of that particular step/habit.

Next day add another one. Again, pursue it for 71 days. And so on untill you end the whole pursuit in - all total 90 days. 19 habits each started on new day + 71 days.

In 90 days you'll be a man with bulletproof confidence if you follow the plan without failure. And than hopefully, you'll stick with these habits you acquired forever. Good luck on your journey my fellow young going bald or already bald man! Adventure time is starting!

1. First Things First - Physical Fitness And Bulletproof Self - Confidence Go Hand In Hand

If you take one single thing out of this book and apply it consistently and get physically fit, your little change spend on this program will return million times it's worth.

One of the main causes if not the single main cause of my self-confidence is that I managed to get and stay very physically fit. And my fellow balding or bald man, if you do the same, you'll most likely see the same results as I did.

Physical fitness matters a lot more than you think. A muscular, athletic, strong, enduring body paves the path to a same kind of muscular, athletic, strong, enduring mind. And I feel like I don't have to go too deep into the benefits of having mind like that. The confidence that comes with physically strong, fit body is incredible and it's of paramount importance!

I believe that a well-toned, athletic and a physically fit body can be built and maintained by a few simple exercises. And they are a must for young balding or already bald man on the bulletproof confidence building mission.

I recommend to you to start your perfect fit body program with these exercises :

- Pull ups
- Push ups
- Squat jumps
- Floor crunches

And I want you to start doing each of them every day during the week, except for Sundays for the whole stretch of 71 days. If you can't do a standard pull up, push up or a crunch, you'll be doing the modified version of each exercise.

Pull ups

The best bulletproof confidence building exercises in the world are pull ups. At the end of the 71 days, you should be able to perform at least 7 pull ups (and off course more if you're able), depending on the level you are starting at.

Set a pull up bar at your home or find one somewhere outdoors close to your home. Children playgrounds are full of little pull up bar stations. Or use a tree branch in your local park. It doesn't matter where it is, just get started with doing pull ups today!

You'll be doing pull ups or modified pull ups every day, beside Sunday starting today.

I want you to do 5 sets of maximum you can do in each set pull ups every day. It doesn't

matter if you do it in one session or if you spread it throughout the day.

Modified pull ups:

If you are a beginner at doing pull ups and you can't do even one repetition, don't get discouraged. Majority of the men can't do a few pull ups in a row. But you're taking your first steps to break away from that pack now. Start with modified pull ups and do them every day applying the same rule of five sets. So how do you do modified pull up?

My favorite version of a modified pull up is as follows: You have to make sure you set your pull up bar at an optimum height so that you can reach the floor with your legs. Then stand under the pull up bar and grab the pull up bar with your hands placed slightly wider than your shoulders apart, on the bar. Now jump up, be careful not to hit your head against the bar. And when you reach over the bar, try to hold in that position as long as you can. Then come back down and repeat.

You'll be getting stronger with time and soon you'll be doing standard pull ups. How fantastic!!! Of course, your confidence will receive a big boost along the way.

Push-ups

Push-ups are the second best strength, fitness and confidence building exercise in the world.

You'll try to do 100 push-ups every day of the week beside Sundays. And you'll try to do them as fast as you can. If you can't do 100 push-ups in the row, which is normal, try to finish your 100 push-ups in as many sets as you require. Every day you'll be getting stronger and you'll be able to finish more push-ups in one set and with that bringing the time down for accomplishing them, days later.

Modified push-ups:

If you are a complete beginner and you're not able to perform at least three push-ups in a row, start slow and start with modified push-ups. Perform the modified push-ups just like regular push-ups except, with your knees on the floor. Work up to achieving 100 of them per day if you can. You'll be getting stronger if you keep pushing yourself. And once you're able to do 10 regular push-ups in a row, move onto regular push-ups and stick with it.

Squat jumps

Squat jumps are a very intensive exercise. They belong to the group of plyometric exercises. And yes, those are heavily used in performance sports. And that's no coincidence that I've included them in this book. Squat jumps are fast athletic body shape molders. And you'll be doing them every day too.

50 squat jumps is the goal for each day. Also make sure you complete the 50 as fast as you can in as few sets as possible. Again, you'll be improving and getting better and stronger. And every day you'll be little less sore after the workout. And you will be able to complete a few more jumps in the first set itself.

How to do a squat jump? It's simple. Just do a regular squat, when you bend your knees slightly more than 90 degrees angle and then jump up. Get right down and perform another squat. Repeat until you reach 50 repetitions. If you need breaks between, take them as needed.

Modified squat jumps:

If you're not used to exercising frequently, then start with modified squat jumps. Modified squat jumps are just simple squats. Stand up with your feet slightly wider than hips apart. Bend your knees until they're slightly lower than right angle lowering your butt down. Then, come back up and repeat. Do 50 repetitions.

Floor crunches

The last exercise I want you to do is also a very simple one. All you need to do is to lie down on your living room carpet, or exercise mat. Bend your knees and do 50 crunches as fast as you can, while keeping your hands behind your head. If you can't do all 50 in one set, do it in as many sets as you need to. Again, your abdominal muscles will be getting stronger and you'll be able to do more each day, lowering the amount of sets needed for completion of 50 crunches.

I call these 4 exercises, the best confidence and body building exercises in the world. And they are! Do each of them every day beside Sundays as described and stick with it for 71 days.

The way you'll get motivated and the consistency you'll achieve with this simple effective strong body, strong mind strength training routine will ensure you'll stick with it forever. And off course watch your confidence rise each day along this process!

2. Ditch Sugar And Flour - They Are Pimple Makers, Energy And Confidence Killers

Sugar and flour are the two main ingredients in food that truly destroy a man's confidence indirectly. They tend to make you lethargic, passive and feel exhausted.

They rob you for energy!

Your confidence subsequently suffers from intake of unnecessary amounts of starch and sugar. If you are out of energy, tired and in bad mood, it's obvious that it would be hard to feel confident. Unlike when you're energetic and active with a fantastic mood!

Primary foods loaded with sugar and flour are processed foods. Avoid everything that's packaged in bags, foils, containers and any other wrappers for 71 days. Also, you won't be adding any kind of sugar or sweetener into your meals or drinks for 71 days. This rule applies for all 71 days. There is no off day here like in the chapter above on physical fitness.

From today you'll follow the diet that is absolutely free of additional sugar and flour. No exceptions! No compromises at all! You're on a mission which is meant to be hard, but ultimately very satisfying and very beneficial for the quality of your life and high confidence boost.

This is one of the hardest steps on your confidence quest. But you'll do just fine my fellow young going bald or already bald man. I believe in you!

So, that leaves you with eating and preparing only the natural foods. The stuff you can find naturally occurring in nature. Eat only the foods you can actually find in nature as they are. For instance include a lot of raw leafy vegetables and salads in your meals. Of course you can grill them or cook them. You don't have to have raw food all the time. Grill and cook your fresh meats. Eat nuts, fruits, fresh meats and lots of vegetables.

With avoiding all the processed food, it is very important and I want to remind you again here, to not add any additional sugar or flour to your food and drinks. When I say sugar that includes honey, brown sugar, stevia or any kind of sugar. It's all sugar! Don't get caught into these marketing advertisements that are promoting it's good for you. It's not! It's just another fancy type of sugar. Stay away from all them!

That means sugar free coffee and tea as well! No fruit juices. They are loaded with sugar! No deserts and homemade cakes! No baking at home! No breads and bagels either!

Just make sure that, from now on for 71 days you're not adding any additional sugar and flour to your diet. And you're only eating unprocessed natural foods.

You can consume:

- Fresh fruits and vegetables, green leafy ones preferably.
- Nuts, fresh meats, eggs, fish, avocados, dairy products are fine but they have to be unsweetened
- Good oils like olive oil, coconut oil, grass fed butter

A healthy diet free of sugar and flour is a crucial step in this mission towards achieving high self-confidence!

For the next 71 days you'll cut completely the sugar and flour. Yes that means even whole grain bread will be out of your life. And hopefully, this habit will stay with you forever. It had one of the biggest impacts on my overall confidence. Surely it will have a huge impact on yours as well!

Don't underestimate it my fellow young balding or bald man on the mission to become highly confident man! And no compromises please! There is no off day here. No day off from avoiding consuming these confidence poisons. Period!

I never said, that it will be easy. Everything valuable in life takes effort. A lot of effort. High confidence that will be carrying you through your attractive successful life included. Yes that's at stake and you have to do everything to achieve it!

3. Put Girls On Bottom Of Your Priority List

For 71 days girls will be on the bottom of your priority list.

And I am not just saying this. This simple step can be an incredible confidence booster. Let's see why.

Well, specially when you're very young, there is a lot of fuzz going on regarding the subject of "girls". You're sort of judged by the girl that is or isn't with you. By how she looks, why she is with you and not the other guy and so on. I am sure you get the idea. Things can get little more complicated for a young balding or bald guy. This can considerably bring down the mentality of a young balding man. Issues as such will cause a person to bring himself down thinking that girls are just not interested in him.

All this unproductive fuzz can drag your overall confidence down. It's easy to feel down or feel sorry or to feel like that nobody wants to be with you.

Well, I have a great recipe for you to cook up to tackle this matter, confident bald man in making. Yes I mentioned it in the beginning, but it's worth mentioning again:

Put girls on the bottom of your priority list.

You make the decision to not stress about the girls and it's a done deal. Then wait and see the benefits of confidence emerge!

Instead of you thinking about girls and you having them in your life or you having self-degrading and unproductive thinking, you're aggressively following your own goals and dreams. The goals and dreams that are way more important than girls are.

An exception here will be a situation that you're happily involved with your girlfriend or spouse. In this case, it's ok to have them somewhere on top of your priority list. That's perfectly fine.

This step mainly addresses the young balding guys, who want to have a hot, smart and intelligent girl in their lives as their girlfriend. And who doesn't want that? But it often seems impossible for you to accomplish. I've been there! This vicious circle is just bad for your overall self-confidence. If you're one of these guys, now you have a solution and I believe it is a great one! Don't worry, girls will eventually come! But for now they are at the bottom of your priority list.

When you put girls on the bottom of your priority list, your mind will concentrate on important stuff. Getting fit, improving your diet, following your goals and dreams and all the rest of the goodies you'll be reading about soon. And these stuff are challenging! Very challenging! You have to concentrate on them! You have got things to do and goals to accomplish! There is no time for girls anymore!

Now at your free time, do something that's enriching you, fulfilling you and making you feel good. For instance, go engage in your hobbies; read inspiring books, work on your crazy fun ideas on a side business.

Now, what you might very well find out soon is, that the girls will actually start becoming interested in you! Yes, they see you having fun, having things to do, being on the mission, getting better at many aspects of your life. They see you taking charge of your life. They see you being confident and not desperate. They gravitate to that.

And yes being confident is a very attractive quality to possess. Actually what really attracts them is the fact, that they are on the bottom of your list. It is interesting to see these kind of human nature at play. But it is what it is. And it happens all the time.

You are important and nobody else! You're responsible for your experiences and success. Experience and success don't get incorporated to a person's life automatically. It takes time and hard work and working towards those goals should be your priority now.

Your confidence - with every passing successful day where the girls are on bottom of your priority list - will be increasing at an astonishing rate. And what about those girls? They'll eventually come to you themselves. Not just yet, but eventually. You've got more important things to do now!

4. Productive Time Fillers Are Confidence Boosters

Overfill your time with stuff and activities that make you better and fulfill you!

Develop one outdoor active hobby and few more hobbies which you are interested in and engage in them daily for 71 days. Engage minimum of 3 times per week in the outdoor hobby and 3 times per week in your other chosen hobbies.

I briefly touched this topic in previous step. But this step is quite important for your overall high confidence. Why?

Because these activities will complement you!

They make you feel better!

You are improving your overall life, health and mind through engaging in them.

In the same manner as above steps, this is also often challenging.

So you are automatically learning new skill and with that getting better at every aspect of your life.

Outdoors active hobbies

Here are some examples of outdoors active hobbies: Tennis, Soccer, Surfing, Hiking, Windsurfing, Beach volleyball, Mountain biking, Running, Summiting, Swimming, Hockey, Basketball.

If you don't participate in any active outdoor activity in your life, it's time to change that now. Go join some sports club or just grab a tennis racket and show up on your neighborhood tennis court. Or just take out your bike and go biking or running. Start doing something you're inclined towards and that you love to do. Something that you can have fun doing!

For instance I have 3 outdoors activities that I really love - Soccer, Surfing and Tennis. They keep me very busy in a physically very positive manner. They keep me very fit and they clean my mind from all the negative thoughts and self-doubt. And you want to achieve the same thing my fellow young balding or bald man!

Clear positive mind free of doubt creates fertile conditions for natural self-confidence growth. Make sure you're creating those conditions and cultivating self-confidence every day with engaging in something you truly love doing.

Start a little part-time business

Maybe you're not much into this kind of businesses idea, but it proved to be a huge turning page in my overall confidence. If I lost my job today, I will still have my side business which is personal training practice. Now in your case, of course it doesn't have to be personal training business. It just has to be something your own. Something you're passionate about.

I strongly recommend for everybody to start little internet business. Look at your life and your skill set. What you know and what you can teach somebody. I created two websites that I am constantly updating and building - baldattraction.com and milanstolicny.com

The degree of emotional fulfillment balances off every minute of work I put into it. With all that long term building of my own business and helping others to succeed, my confidence is rising too. It feels good to build something worthwhile that will stay out there forever and will help others.

Another fantastic hobby or business idea is to learn a trade. Working with your hands and building or fixing something makes you more confident. It creates a kind of confidence that can be only described as follows, "I can do it!", that's the kind of moral boost you receive when you complete building or manufacturing something.

Few things that I got paid for:

I build a wooden fence - carpentry

I repaired / welded iron fences - welding and metal work

I did some plumbing repair - plumbing

I dug a few holes in the garden and planted redwoods - landscaping

Off course, I train people and lead boot camps - personal training

Now all these are potential hobbies/businesses which you could be starting on your own now too my fellow young going bald man. You never know, eventually you might be able to hire people and build it furthermore. It's just another idea here. I am a huge fan of trades. I believe that every man who wants to achieve great confidence should be building something with his hands. Even if that "something" takes up only a few hours per week.

If you are not into starting your little business and building something my fellow balding or already bald man, don't despair. You can still achieve bulletproof confidence. The key is to engage in activities that you like, they are challenging you and fulfilling you at the same time.

More hobbies

We talked about the outdoors active hobbies. Now, I don't want you to stop there. You should have other hobbies as well. I play guitar, draw silly cartoons and I weld metal sculptures. How about you? What are you interested in?

Even if you think you're not interested in anything, you're probably wrong. Everyone naturally is interested in something. You just need to give it few tries. Go try something! If you don't like it, move on to the next thing. So what? Try something else. And over time you'll find some more hobbies that you find interesting.

Losing track of time while engaging in activities you enjoy creates a fertile conditions for rapid confidence growth. Don't underestimate the power of it.

Go create a list and pick your hobbies and productive activities today and engage in at least one of them every day for 71 days. Then stick with them forever!

The key is to have plenty of productive, fun time fillers always available to you. And than engage in them regularly.

And with that watch your confidence and well being grow!

5. Adopt Growth Mindset - Force Yourself To Fail At Least 1 Time Per Day

It kind of goes like this - fail, learn, fail, learn, hit your face on the rock, learn from it, do it better next time, fail again, and fail some more and more and learn.

That's how a regular bald man becomes a successful confident bald man. There is no other way around it! No shortcuts!

Guess what the majority of men do when they fail? They tuck their tails between the legs and crawl under a table like a scared dog. Almost everybody does it. That is exactly the worst self-confidence damage you can ever do to yourself. Don't do that to your confidence my fellow going bald man! Don't! Never ever get demotivated for failing.

When you fail trying - give yourself credit for trying!

All learning, all success and progress in this world happens through the try and error formula. Those rare ones who change the world, and yes those most confident ones learn to not ever stop trying when they fail. Failing faster means succeeding faster!

What successful confident people actually do is, they celebrate their failures! Yes they open the champagne after a spanking good try and subsequent big failure. Besides opening that champagne, I want you to purposely make and celebrate your failures.

I want you to fail ridiculously at least 1 time per day every day for 71 days straight! Now how do you make yourself to fail? Well, I know, you're not failing much right now in your life. And I will tell you exactly why that is.

It is because you're not trying and doing enough ambitious things that you haven't tried before. Things like asking somebody out without feeling down when they reject you. Aim higher! You are simply afraid to ask because you are convinced you'll get rejected. But what is the harm after you get rejected? There is no harm in it. You haven't had your yes before, and you're not having it after. No harm is done.

But of course if you're an average man with low self-confidence, you're scared of being said "NO" to. If you get rejected by a hot girl on the street, you're most likely to suffer in self-pity after the experience. And with that your confidence gets hurt. What a vicious, self-confidence damaging circle!

Now let me tell you a secret. My confidence is strengthened every time I get rejected and every time I fail. The more I fail the more my confidence rises, while yours is probably decreasing with it. So how do you get off this vicious circle and get on the beautiful, empowering confidence building path.

The answer is simple. You change your mindset! You change your mindset to a "growth

mindset"! This is very important! Bear with me now! You should celebrate failures and mistakes you made! They are simply the best learning experiences! And you need to take them as such. Period.

And of course I don't mean the stupid mistakes like buying too expensive house or car and realizing that you actually can't afford it. Or jumping from the second floor just to get a kick out of it and see how your bones will hold. No! Those are stupid intentional mistakes that you have to avoid!

The failures and mistakes I want you to experience are the mistakes of ambition. Let's discuss a few examples.

You ask a intimidatingly hot woman out. Yes I want you to break the rule of putting girls on bottom of your priority list, just for the purpose of making a positive failure. They'll still be on a bottom of your list. You're purposely looking to get a "NO" here! We already talked about this one. She says no and you move on without feeling depressed about it. You actually move on feeling incredibly great about what you just did. You just did something very scary. 99% of men would never do something like that! How exceptional! That's a huge reason to feel good about it! What a great way to increase your self-confidence!

You celebrate your failure!

Here's another example: Start a business and do 1 thing per day you fail at and you learn from. Again without quitting and backing down, you celebrate these failures daily! Your confidence grows. You learn from your failures.

How about moving to different country? There is a guaranteed high failure rate there. When I first moved to San Francisco as an Eastern European guy, my English was terrible. I worked as a server in a restaurant and I screwed up the most number of orders in the history of the restaurant business. I made so many mistakes, but I learned from them. Now, my English is great. And I consider it as a fantastic story of early failure and success. And guess what it did to my confidence? Yes you guessed right my confidence was boosted!

I used my failures to eventually build my confidence! You need to do that too!

Another example: Do some selling! Sales jobs have very high failure rates usually. They are great for a young man with low self-confidence. You will fail a lot every day. You'll get a lot of NOs. Go get a part time sales job. Or even better get a full time sales job. Or even better create your own product or service and go sell it.

I did this with my own little personal training practice and I failed a lot. People rejected me. But I didn't quit. I kept selling personal training services and I keep failing without quitting and backing down.

Over time, I paid my dues by failing a lot and succeeding. I learned how to sell effectively. Now, guess what that does to my overall self-confidence? Yes it's growing! And my bank account with it too.

What do you think happens when some boss decides to fire you because he had a bad day? Yes, you get another job selling something and you'll be confident that you can and know how to do it. Best paid jobs are sales jobs.

But first, you have to pay your dues! You have to fail a lot! There is no way around it.

I could go on and on with examples of intentional failure and learning experiences. But I am sure you get the picture, my confidence achieving friend.

So for the next 71 days, live your life every day the way of failing at least 1 time per day with intentionally keeping the growth mindset intact. That means that every scary ambitious try and subsequent failure is celebrated each and every time!

What a fantastic way to live!

I guarantee you, if you apply this principle today and on from now infinitely, you'll not only become very confident man, you'll become wildly successful too. So, ambitious balding or bald self-confidence achiever, leave the masses to wallow in their comfortable zones. They are stagnant. They are not growing! What is not growing is dying!

But you are going to keep growing by creating intentionally positive ambitious failures in your life. I repeat: Fail at least 1 time per day for 71 days celebrating your ambitious failures, learning from them and watch your confidence grow rapidly!

6. Trust Yourself And Everything You Will Do Will Be Right

"I trust myself and that's why everything I do is right". This simple mantra absolutely changed my life. It can change yours too.

Today you should write these words down on a big piece of paper with big letters and stick it on the inside of your bathroom door. Or better yet on the wall of your living room. For 71 days say it out loud daily, 3 times in the morning in front of the mirror just after you wake up.

I repeat, "I trust myself and that's why everything I do is right"! Read this out loud 3 times in the morning, daily for the next 71 days.

Does this mean that you're going to be right all the time? Not at all! But neither is anyone else.

What makes a huge difference here is that you are actually acknowledging it and moving forward with boldness.

People, who are confident, act! People who act believe in themselves. People who succeed believe in themselves. You have to believe in yourself and in your actions. Even though they might be wrong sometimes. That is perfectly fine!

And guess what it does to your overall self confidence? Yes, it increases your confidence dramatically. I have made a myriad of wrong decisions in my life. But I didn't know they were going to be bad decisions before I made them. The fact of life is that nobody really knows!

But if you have a certain mantra reminding you that it is ok to fail and that you really trust yourself that somehow it will work out just fine, and you're ready to act, it's an incredible confidence booster.

First of all, you'll save a lot of time. You act fast! The masses are just contemplating, dwelling not being able to set their mind on one course or another.

You on the other hand act fast! You trust yourself! You trust yourself and everybody else doubts themselves.

So turn that "trust yourself switch" on in your brain today!

Secondly, you immediately appear very confident to the people around you. That's not a surprise. Almost everybody is timid and doesn't believe in himself. That's why someone like you immediately appears attractive. By nature we human beings are followers. You, me on another hand - We are the leaders. Leaders trust themselves. You trust yourself! That's huge! That's rare!

And thirdly, you get more things done. Yes, you're going to fail much more than the other

timid low self-confidence guy. But nobody will be asking about and remembering your failures! Everybody else cares only about results and visible successful attempts! And you'll have a lot of those!

Convinced? I hope you're! So go, write it down! And day it out loud thrice in the morning in front of the mirror: "I trust myself and everything I do is right"! And it will become reality soon!

7. Maintain A High Confidence Posture

Let's give ourselves little extra confidence boost from now on! Starting now, for 71 days, maintain high confidence posture! Yes my young balding or bald man on a confidence building mission, you can fake it a little until you make it. And there is nothing wrong with that!

Actually that's the fastest way to achieve your goal.

So how do you fake it the best? With your confident appearance!

For 71 days, every day, follow a very high confidence posture and appearance. Let's get to it one at a time.

Bring your chest up and out, shoulders back and down, don't slouch!

Stand up, bring your chest up, pull your abdominal muscles a little in, pull your shoulders back and down. Maintain this position all day, every day for 71 days. I know it's not that easy. But, force yourself to do it! Maintain that posture every day for 71 days consistently. Then it will become an automatic habit.

Look straight, little up, slightly bring your chin upwards

Now, adding to that great posture you're already practicing, you are going to practice the correct confident exuding head position to compliment it. Imagine a string attached to the center of the top of your head and it's pulling your head up.

With that in mind, you'll bring your head up and straight. Now one slight difference I recommend for a confident head posture is, instead of looking straight, you should slightly look up. You will look as if you're a little bit above everybody. And I don't mean for you to send a message with your posture, that you're trying to be above everybody. No! You're not. You're on a confidence building mission, and this is the way to learn it and feel it. Who cares what others think!

Look straight into people's eyes

Now, this doesn't mean that you have to stare at people and make them uncomfortable. Just give a nice longish look into the eyes of every person that you encounter during the day. I have a 5 seconds rule for this. It goes like this. If you're talking to them, look into their eyes right away and count to 5. Then, stop for a while, take a break for a second and look back into their eyes and count to 5 again and with that maintain eye contact.

Is this an uncomfortable thing to do? You bet it is. But, don't worry about it, because the person on other side of your eyes knows it too. So guess what he or she is going to think about you, when you show you can regularly maintain the eye contact. Yes, he will be aware that he or she is talking to a confident man and not a coward.

Then just continue it for 71 days my high confidence achieving fellow bald or balding man on mission.

Smile

Try to maintain a loose smile on your face throughout the day. With a smile on your face you'll appear more relaxed and confident. Actually you'll automatically become more confident. For the next 71 days, with no matter of how rough the day is, maintain a loose smile on your face.

Now connect and maintain all of these beautiful high confidence posture body formulas for 71 days and they all together will become an automatic habit; a fantastic high self confidence building habit to have!

8. Don't Brake Promises With Yourself - Act On Your Goals Until Completion

If you put something on your to-do list, make sure you do it until completion!

Finish it!

Or just don't put it there and don't start it in the first place. You write it down, create action steps underneath it and you'll put them into action. You finish!

One of the most common self-confidence killer is to set a goal and not follow it through to the completion. Now, I don't mean here those things you start and find no more interests in them and no sense to follow them through. That's called trial and error learning. And that is completely okay to do.

How about having a goal to lose 15 pounds of fat and gain 10 pounds of muscle in a year? Now that is a goal worth fighting for and keep trying to achieve. Not just your overall health, your confidence will also be benefited if you follow it through and see it through to completion. You simply must achieve this goal or still be in an intensive state of finishing it to protect your overall confidence. It's that important!

For 71 days, the only goals and objectives that are going on your to-do list are those you'll follow through until successful completion. You write them down, look at them and act on them every day. If you set a worthwhile objective to accomplish you fight like hell to accomplish it. And you won't give up until you do.

It's ok to have long term goal that might take a year to finish. As long as you are still finishing it and working on it every day that is alright.

There are countless things we want to do in our life and accomplish. They are both short-term goals and long-term goals. Yes, everybody tends to fall off the wagon occasionally, including me. That's human and it is to be expected.

But I regain my control back eventually and keep marching toward my goals aggressively again. So make sure you do the same, my high confidence achiever! Bounce right back after you fall behind a little and pursue your goals aggressively again.

Action step:

Write 3 most important goals you want to achieve within a year. They should be worthwhile goals, ambitious goals that excite you. For example it could be getting a six pack abs clearly visible on your stomach after a year from now. Or having a functional little business you started today. Or becoming fluent in Spanish. What's important is that this goal, when accomplished, should make you excited. Very excited!

Then write 1 sub step under each goal every evening you want to finish and accomplish next

day, which supports this big goal.

Let's say, your first big goal is that you want to achieve a muscular athletic body with a clearly visible six pack abs within one year.

Second, you want to improve your finances and you want to have 10,000 dollars or equivalent of it on your investment accounts, very well invested in a diversified portfolio in stock market.

Third, you want to start that business you always wanted to start. You hate your job and your jerk boss and you're tired working for other people. This is the year you'll pull it off!

These are just random goals I came up with and quite honestly I had them and achieved them before. Feel free to follow them and start achieving them. They are by any means pretty worthwhile goals to have and not easy to accomplish.

Great! I want you to pick ambitious goals! You're a man on a mission and you should be aiming high. Very high!

Now, after you have noted them down, make sure that every day before you go to sleep you write one step for each of them to finish within the next day and thus get closer to the completion.

Ideally you'll complete these goals and achieve success. If not that's still okay as long as you didn't quit and these goals are still appealing to you. The key here is to not quit and work diligently until completion.

The steps for my goals will look something like this:

Six pack abs goal:

No more fruit juices from tomorrow. I will drink pure water instead.

10,000\$ saved and invested in a year goal:

Pick up one book about personal finance tomorrow from the library and read for an hour.

Starting a business goal:

Look up and register a domain name for my new business.

I am sure you get the picture, my high confidence achieving young going bald man. You work on each and every one of your goals a little bit every day for 71 days. One action for each goal everyday will be accomplished. And it will become your habit forever.

When you don't break promises with yourself, you respect yourself more. You know it takes work and you know how much work is already behind you. That creates a high self-confidence in you and you radiate it to your environment too.

You, in the back of your mind, become a man who knows that he can do anything that he puts his mind into. With every accomplished action step for the day, confidence grows continuously. A beneficial side effect of this self-confidence building step is that you'll become a man who gets things done. And I don't know anything that is more important for achieving success in life than that.

9. Start Building Something And Never Stop

We human beings are here on this planet for a reason. A damn good reason. Every one of us is here to become a hunter, a builder, a creator, or maybe a hustler. But many of us don't follow in the steps of our destiny. Give a person a nice desk, a good government job, a decent paycheck, lots of benefits and they'll stay stagnant there. But all that is for pushing the envelopes of other people and you're settled. You're settled to a comfortable yet boring and unfulfilling existence.

What a shame! This kind of lifestyle is not a booster of your self-confidence!

To increase your self-confidence and bring the spark back into your life, you have to become a builder. You have to build something. You have to go and hunt a woolly mammoth. We all do. That's what makes us humans. That's what makes us happy and confident.

So even if you are one of those that get paid a lot to not to build anything or do anything creative, you should find something close to your heart and start building it and start creating. It could be a web site for antique furniture collectors or surfers heading to Mexico, a culinary website for vegans, a vacation house, a metal sculpture of a dinosaur or a new remodeled kitchen. I don't care what it is. It can be anything. But you have to start building today and never stop my fellow young balding or already bald man.

As long as you're working on it, trying hard to make it a reality, every day, that's what matters. Then when you finish building it, you move on to build and create something else. To preserve your sanity and build confidence in yourself, you have to start building something worthwhile and never give up!

And of course it could be something as simple as painting a collection of dogs, or growing sequoia trees. Even just trying fixing your own car is something worth doing. What matters is that, you're constantly building, fixing or creating something.

Not only is it great for your confidence but also this simple lifestyle change can really make you a happier, a more fulfilled human being.

Pick a project today and start building this project for at least 30 minutes per day every day. The options are endless. Use your imagination and your creativity. And then, for the next 71 days work on your building project for at least 30 minutes daily. When you're done, pick another project and start working on that one. It all might seem like a peculiar activity to concentrate on at first, but you have to try it and see for yourself my fellow young balding or already bald man.

A confident man is not a complete confident fulfilled man unless he is constantly building something. And I don't care how much you already made it, or that you're a trust fund kid. Building is a must for a confident happy man. Yes that means you too. Start building something every day for at least 30 minutes for 71 days. And then never stop!

10. Avoid Stupid People And Losers, Don't Associate With Unhappy And People Who Hold You Back

One of the common traits of stupid people is that they'll try to bring you down with their remarks and behavior. With that your confidence goes away too. Your objective is to avoid that kind of people!

Take a pen and paper and write down every stupid or negative person you know in your life on that list. Who are the ones bringing you down? Who are the ones that make you feel even a little bit bad about yourself? Avoid them from today! Yes, family members included.

Now for the next 71 days you must avoid these people. These people are toxic to you. And you can seriously improve your overall confidence and whole life just staying away from these people.

For the next 71 days you must be doing maximum to avoid dumb, stupid, toxic or negative people in your life. And start deleting those who already are in your life. And if this becomes a habit, and it will eventually, your life success and high self-confidence turns into a big positive exponential climb. Guaranteed!

We become exactly like the people we hang out with. That's a fact. So, a huge addition to this step is to stop hanging out with losers.

Now who exactly is a loser?

Loser is somebody who is constantly in a bad mood, complains about everything, he usually has low self-confidence, things are just not going right in his or her life. He feels sorry for himself while complaining and he is looking for somebody to commiserate. Now that's a loser. If you find yourself thinking and realizing that you do some of this stuff, you have to put a stop to them right now!

First step in avoiding losers is to stop being loser yourself. It's a mindset change. How do you do that? In short, you become a pro-active gainer and go getter. You stop complaining. You are not a victim. If something is lacking in your life, or you don't like something in your life, you analyze what that problem is and then create a strategy to do something about it.

You don't keep complaining and feeling helpless! You act on it and improve your situation with positive action.

You know that the failures on your way up are just a stepping stones to your ultimate success. And you don't quit until you win. You become a winner! You are a winner! Otherwise I don't think you'd be reading this book. You realized, that your overall confidence is not as high as it could be, and you're doing something to deal with that. You're learning from this confidence

building program.

That's what winners do!

They don't cry and complain about their situation. They do something to change it! And they never stop until it's changed. A loser does the opposite. A loser will keep complaining. He will be looking for "nice" or stupid, people to bring down with him.

"But he is my friend!" You might think. No, he is not! And you're doing him a disfavor, because you're making him feel better without him really changing his problematic situation.

Avoid losers! I repeat.

Identify every loser and people that bring you down even a little bit today. Write them down in a nice list and avoid them from today for 71 days! No single loser and asshole appears in your life for this period. And watch what happens next. My bet is, you won't want to hang out with these people anymore forever. Great! That's exactly my intention here. Watch your confidence and overall success in life grow exponentially with this fantastic habit you've introduced!

11. Dress For Success Every Day For Every Occasion

Dress the best you can for 71 days. The maximum best! Every day! For every occasion!

What do I mean with that?

What I mean by “dressing your maximum best” is to start seriously planning one day ahead what you’re going to dress tomorrow. You’ll be thinking about it and choosing the right stuff. And then dressing something that looks great on you for every occasion in your day.

You feel better about yourself immediately when you dress well. You are more confident and you immediately feel more successful when you dress your best. People, who see you, will feel the same about you. Guaranteed!

Don't underestimate it!

The clothes you wear really make you a better, more self-confident and a successful person. And that's what other people see too. Yes, it might seem a little bit shallow. But, it is the truth!

Dressing your maximum best, doesn't mean it has to be a suite and a tie every day. To be clear, what I mean here is:

Get rid of worn out old shirts, shorts and pants. And replace them with something new and stylish. With something that you feel comfortable in and it fits you well. This does not have to be expensive. Use sales and discount stores for your cloth shopping. There are plenty of inexpensive stylish clothes available, if you’re willing to spend some time looking for it. And you should spend some time on your style. It's that important!

Where should you dress well? Everywhere! For 71 days in a row you'll dress well everywhere you go. How about going to gym, working around the house, gardening, dirty work, and other activities where you think dressing up is not needed? Dress for it casually. But dress nicely for it too. Wear nice clothes, clothes that fit you well, clothes that you like.

You often see these guys in gyms and doing a work around the house dressed in oldest, palest crap. And they think it is normal to dress like this. No, it is not normal. I bet you my tuff light state of the art surfboard, that these guys are not only not feeling good about themselves, their confidence is much lower and their workouts most likely suck too. Don't make that mistake young balding or bald man on a high self-confidence building mission. Dress well for every occasion!

There's no need to hire a stylist or to start spending a lot of money for this. But I want you to pay attention in every single day for 71 days for at least 15 minutes to what you're going to dress the next day. Throw one old pale piece of clothing that's already worn out away and then replace it with something new and stylish.

This habit will stick with you and it will change your confidence and with that your life! Don't underestimate it! Dress for success every day! Watch your confidence grow! It will! It's so important!

Young bald man must have in his closet for better style:

Start with these fantastic universal style pieces of clothing my fellow young going bald man on a mission:

- 3 Vneck fitted white tshirts
- 3 Vneck fitted black tshirts
- 2 pair of perfectly fitted jeans - one distressed, one nice dark blue
- 3 button up well fitted shirts
- 2 stylish jackets
- 2 pair of boots - brown and black
- 2 pieces of tight fitted sweaters
- 1 pair of slick pants
- 1 pair of dress shoes
- Suit: optional

12. NO - Use It Often And With No Explanation

For the next 71 days, I want you to say "NO" to anybody who wants you to do something that you don't really want to do. Just give them a plain "NO" without any explanation. Say "NO" and then shut up! You can certainly say: I am sorry bu NO.

One exception here is your spouse your kids and maybe your boss if you value your job. You don't just say "NO" to your spouse without an explanation, because you want to save your marriage :)

And you don't just say "NO" to your kids, because they are young and you need to explain them the "NO" for them to understand the situation. That's how they're learning.

But everybody else gets your "NO" without any explanation.

For instance, a friend of your friend tells you, that he's moving to a different place and that he needs somebody to help him move his stuff. You're strong, so you're best suited for the job. Now you say "NO" right away if you're certain you don't want to do this and then just shut up.

You can always change your mind later when you realize that friend of yours actually helped you move a year ago too. But you don't have to.

It's perfectly fine to say "YES" and then just do it. But if you're certain, that you don't want to do something, just say "NO" without any explanation whatsoever. I know it is very uncomfortable. But it's the right thing to do!

This simple exercise will make you become very decisive without feeling down. This is what you don't want to do and you're simply not doing it. It also shows a lot of confidence because people are just not good at saying plain no. They go and start explaining the "NO"s right after they say no. But you don't anymore!

Your confidence will rise with this simple habit and people who actually got your "NO" will find you very confident and respect you more for being very decisive. Yes, that's what confident people do. They just say "NO" to things they don't want to do. Do the same for 71 days and build this confidence increasing habit forever! No exceptions!

13. Take Cold Showers

A cold shower together with physical exercise are two best remedies for improving the mood and feeling like you're on top of the world! Try to take a cold, cold, cold shower preferably after you finish your exercise for the day. I guarantee you; you'll feel like you can move the biggest mountain in the world.

That's confidence! Plus it has a few great health benefits too.

For the next 71 days, take a cold shower every day and watch how you respond to it.

There are two ways to take a cold shower. The first one is to just jump into a cold shower and shower. I find this one too uncomfortable. If you are very adventurous, go ahead and do it but I have a different, better approach which I use when having cold showers to increase my performance, fantastic feeling and high self confidence.

It doesn't matter when you take a cold shower. I usually take my cold shower in the evening or in the late afternoon. But I find it the most manageable to handle right after my workouts. The blood in my body is still flowing faster and I'm more ready to not overthink too much my next move: cold shower.

I start my shower luke warm and I slowly decrease the temperature. The whole showering takes about 5 min.

Every 30 seconds I lower the temperature gradually and the last 30 seconds is under the cold water only. Yes this will be possibly the longest 30 seconds you ever experience my fellow young going bald man. But over time you're going to build resistance to cold water and it won't be as bad.

Now do this tough, uncomfortable action step for 71 days, every day, and it will become a habit. After 71 days of doing this, of course you can take a warm shower now and then. But I bet you, that you're going to want to experience that feeling of a triumph over yourself almost every day.

With that watch your confidence grow!

14. You Are Already Naked - Dare To Be Original, Bold And Adventurous! It Is A Powerful Way To Live!

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. Most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else in life is secondary."

-Steve Jobs-

I love this Steve Jobs's quote. It pretty much sums up in what way you should live your life. Because our time really is limited and we all are already naked. There is no point to hold back on your dreams and goals. You have to follow them with courage and approach them with boldness. And then just live up to your maximum true potential!

Us humans get often wrapped around the minutia and fear of failure. We choose to play it safe and live a conservative and safe lifestyle. But deep down in our souls, we really want to live great, bold, our potential full filled lives. But we suppress those feelings into the bottom of our souls. We choose to play it safe instead. What a shame! What a wasted life! With that kind of safe, holding back, "not rocking the world" kind of lifestyle, we can't expect to be very confident and happy.

Of course we can't!

What do you think people feel like when they know what direction they want to follow, but they just chose to settle for the average and conservative well trotted path? Yes, people feel like cowards and that of course can't serve your overall self-confidence any good.

Today, I want you to start thinking differently! From today on you're going to remind yourself every day, that your death is coming and that every day passed you're getting closer and closer to it.

You're going to remind yourself that you're already naked and there is a no reason to hold back on your dreams and goals.

You're going to remind yourself to live a bold life filled with your true maximum potential, because that's exactly why you're here on this planet!

You're not here to play it safe!

And if you manage to do this, you'll not only get very confident, you'll also become very successful, happy and confident man.

Failures won't mean as much as they meant before to you. Failures will be your reasons for celebration. Serious celebration! Write these **simple mantras on an index card and look at it every morning before you leave your house for work or school:**

I am already naked!

Life is short and I will be dead quite soon!

But I will use this knowledge as my biggest driver and power!

I am living up to my maximum true potential following my wildest and craziest dreams and goals!

I celebrate every ambitious failure; I learn from it and move on fast to the next!

I live with no regrets!

Now, every morning for 71 days read those words. And hopefully every day after those 71 days as well.

I find them incredibly powerful. After I read them I enter the world with a complete mindset shift. This is by far, if used with right attitude, the best, most daring, and the most successful way to live.

Once you do live like that, you'll become incredibly happy and self-confident man. You'll be on your true mission in life! It's one of the most powerful stuff I have ever discovered in my life and I want you to discover it too my fellow young going bald man on mission.

15. Don't Watch News, Expose Yourself To Positive. Guard Your Positive Attitude With Your Life!

This one is crucial for building your high self-confidence! I want you to avoid TV news, Internet news and newspapers for 71 days and also no politics. None of it. Zero, nada!

These channels mostly include concentrated negative information which will seriously make you feel down. Immediately after watching news on television, internet or just reading paper, you get a negative outlook on world.

Seriously, people who create news know that people want to see the most negative stuff that happened in the world even though it's torturing them mentally. So, they pack all the bad stuff into an hour of news. It's not even news. It's actually "bad news".

The news on television, internet and newspapers are actually damaging us and our confidence with it. Say no to them! Yes, I want you to live the next 71 days without any exposure to news at all.

Avoid politics as well. Why? Politicians never get anything done. Even if they do, it takes them forever to do it. It's just the nature of politics. That's not a good example to look up to. You need to be a serious action taker and watching and following politicians will affect you on a very negative way.

Now, some of you might protest, "Milan I have to be informed about what is going on in the world! I always wake up in the morning and read newspaper and sip my coffee. That's my favorite time of the day". My answer is always the same. No, you don't have to be informed what is happening in the world! You pretty much don't have any control over it so no, you shouldn't read a paper.

Now, when you think that you just can't quit your morning coffee and paper and your habit is imprinted into your mind, it's easy to transform to reading something much more positive! Pick up an inspiring biography of successful person or read something positive, "feel good", motivating. The kind of stuff that actually makes you feel better.

Again, don't read that crap written in newspaper and internet and don't watch TV news. It's seriously bad for your confidence and successful life you're longing for! All these TV, Internet and Newspapers are like crack and cocaine for you. They are so addictive! You take a dose, get high and eventually become weaker and weaker from it.

People who engage in watching news are less bold, less successful, less attractive and ultimately less confident. After watching news everyday, they think the world is just a bad place and they better hide. They think there is always somebody trying to do something bad to them. What a terrible way to live!

It's going to take some practice and effort here my fellow young going bald or already bald man.

But you have to take this step seriously! No excuses!

For 71 days, starting today my fellow young balding or bald man, no more news in any form whatsoever. You can watch movies - preferably positive and up-beat ones, you can research on important topics for immediate use on internet, and you can read non-news related magazines and publications.

With this action step watch you mood and confidence grow in a very positive fast way!

16. Create Fuck You Fund - Live Like A Spartan

I don't want to sound rude here, but this is the best description of this fund that I've ever heard. So accept my apology for using the F word.

I can't stress enough, how having some money on the side lying somewhere on your bank account increases your own self confidence. You might not realize it, but it is truth! It's there!

When you have some "fuck you money" always on the side, you're ready for any unexpected issue that might come up. You feel more relaxed. You feel calm and confident. Yes, you have an ability to tell "Fuck you!" to your boss and anybody requiring you to do some ridiculous self-confidence degrading stuff, like our bosses do sometimes.

For the next 71 days, live like a Spartan and save 50% of what you make. Yes, you heard that right - 50% of your earnings. If you're still in high school and you don't have a job yet, that means 50% saved from your allowance or whatever you get from relatives.

At the end of these 71 days, you should have 50% of the money you were able to earn on your "fuck you fund account." And then hopefully it will become a lifetime habit saving some percentage of your income regularly.

They smell it on you!

Mainly your boss, but other people in your environment too can seriously smell on you that you're broke like a joke. Yes, if you live paycheck to paycheck it's quite hard to be very confident.

One very good example is when your boss smells, and trust me he does smell, on you when you really need that paycheck and he starts squeezing and squeezing you. "Hey Milan, would you come to work on Saturday? We could really use your help. I knew you could. Milan can you stay little longer today, we have some really fun exciting work to finish." Squeeze, squeeze, squeeze.

Well guess what happens when you have full "fuck you fund" there available. Yes those same bosses leave you alone and they even promote you more often. Like I said, they really smell it on you if you're broke or you're fine. Make sure you're more than fine from now on financially by saving 50% of your income.

From today on my fellow young balding or bald man, make sure people in your environment and those bosses smell that you're not broke. Don't give them a chance to control you through it anymore.

Save 50% of your income for the next 71 days and never stop saving. Have some "fuck you" money on your account! Always! And watch your overall self-confidence grow.

17. Shut Up! - Let Them Do The Talking

No, I don't mean to keep quiet, but in a way I still kind of do. People who talk too much appear as people who don't have self-control.

People, who talk rarely, seem very under control. And under control means confident.

So shut up!

For the next 71 days, don't say anything, unless somebody asks you a question. This doesn't apply to your requests. If you need something, go ask for it! That's fine.

But, if you are out or around other people who are just chatting, don't say anything, unless you're asked to say something.

This is actually pretty challenging thing to do. But, once mastered, you'll immediately not only feel under control, people in your surrounding will also find you confident, mysterious, more attractive and very much under control. People will also love to be around you too. Since everybody wants to be yapping about something all the time, let them! You shut up!

Watch your confidence grow with it. Also, watch people start getting attracted to you more. How simple and powerful!

Enough said here!

18. Force Yourself To Have Fun Everyday!

When you have fun every day, you feel better about yourself. You actually feel fantastic about yourself! That's incredibly important for your overall confidence!

When people see you having fun, they find you more fun to be around. They find you relaxed and under control. They find you attractive and yes you are attractive, confident and fun to be around when you have a lot of fun in your life.

What kind of fun do I mean?

For 71 days every day do activities that make you happy and bring you joy at least for an hour. Preferably do activities that also improve you in some aspect for instance, health, education, skills or life skills.

This includes fun sports, for example - Skiing, Surfing, Windsurfing, Soccer, Playing Baseball, Football, Beach volleyball, Swimming, Frisbee ultimate or whatever suits you, as long as you lose track of time and you really enjoy these sports.

Other fun activities could include woodworking, playing a musical instrument, chess playing, even playing cards if you really enjoy it.

Whatever! Do something that brings you a lot of joy daily my fellow going bald way too young man.

If you really enjoy stamp collecting or watching American football, do it! If you don't, than do something else! But enjoy yourself and have some serious fun for an hour every single day from now on. Now go, make it happen! It will seriously boost your confidence!

19. Bonus Chapter (strongly Recommended) - Plan Your Escape

Your ultimate high confidence foundation could be your ultimate escape my fellow young going bald or already bald man. This one is for those adventurous souls out there, that seriously like change and challenge. Yes, I am one of you too. It also is for those out there that get restless, easily bored and for any reason don't like the place or people they live in now. I have an advice for you that worked amazingly well for my overall self confidence: Start planning your escape and then just, wellescape.

You should leave and live in a different country for a year or longer - and build tremendous confidence by doing it.

When I was 21, I decided to immigrate to the USA and I did. I am still here in California and I love it here, every single day.

I still consider leaving the small Eastern European country Slovakia to the USA, better yet California, as the single best decision I have ever made in my life. I am very proud to say it.

I was kind of forced out of there. I was bored, tired and really didn't like the place I grew up anymore. Now, my home is California.

I don't necessarily recommend you to immigrate to a different country. Do it if you are brave enough! But try it for at least a year. Live there and learn the culture and everything together with it. It should preferably be a country with a different language to yours.

I want you to plan and eventually leave your homeland for a different country of your choosing.

What does leaving your home country and living in some foreign land has to do with your overall confidence? A lot more than you would think!

Leaving for a different country and trying to survive there, learning a new language, getting accustomed to the culture, learning to rely only on yourself and not on your parents is not easy. It is very uncomfortable and a challenging! But that makes it also exciting!

It is very likely after some initial struggling that, you will end up having a lot of fun there and enjoying the stay. Obstacles - after you overcome them, you will see - are the biggest barriers on our path to self-confidence.

So, what will a decision to buy a one way ticket to - let's say Buenos Aires - do to your confidence? While your peers sit home in their parents' basements playing computer games, partying and just killing time, you'll be thrown into some serious learning experiences when you step out of your flight that just landed in a completely different country with completely different culture and language.

I had my flight to Los Angeles, California on September 2002. I bought it with my last money left. Yes I still had about \$350 cash in my pocket. But that's definitely not enough to last more than 2 weeks in this city. I didn't have money to buy a flight ticket back to Slovakia. So, I had to make it work. I had to! There was no any other way! And it was little scary, but also very exciting! I was on the mission. And I loved it!

My English was terrible almost non existent. Of course I knew few basic words like how to say - thank you, please, hungry, thirsty and so on. But my communication skills were very bad. So, the intensive learning and with that lots of sweating started right there on Los Angeles international airport when I was trying to talk to a shuttle driver to get me to some decent hotel in the city of LA. But that's another story I will tell you some other time.

Anyway, my learning, uncomfortable and very exciting life in different country began and so should yours. If you are not an American, I recommend to you to try to live in US for a year. It's by no means easy, but I am sure you'll love every second of it. You'll learn a lot and you'll start respecting yourself. If I was an American, I would choose country like maybe Argentina, Chile or any other South American country. Or it could be Japan or China.

Canada or Australia might be way too easy for you because you already speak English. Same applies to those from Great Britain trying to live in USA for a year. Too easy! Try some other place. Something harder, something more challenging; but ultimately more fulfilling and confidence building!

I was lucky. I grew up in communist Eastern European country and leaving for the USA was pretty much a no brainer for me. But I still remember considering Australia in case I wouldn't receive my visas to US.

Okay, so what should you do to make staying and living in a different country a reality?

Start planning your escape now!

Maybe you are 17 now, still in high school or even younger. Or you're in college and planning to finish as soon as possible. That's OK! You can't leave just yet. But you can slowly start getting ready for your escape to greatness and high confidence now!

By living in different country for some time you will also receive a lot of other benefits which will be useful for the rest of your life from this ultimate trip. For instance learning new language, money management, sales skills, and learning how to stand on your own feet to name just few.

What can you start doing now, while waiting for your long trip to make it a reality?

First start identifying countries you'd like to visit. It can be more than one of them at the same time. There is nothing wrong with a Europe trip and visiting 15 countries in a year. But you'll need a base country to start first.

Let's say your starting location will be Barcelona, Spain. You lucky soon to be very confident young bald man! That should be a lot of learning and having fun!

You land there and settle a little. Over the time, you can start doing little trips to different countries from there. And please don't forget Slovakia on your way. You can find the prettiest girls in the world there. I highly recommend it! They like fit, smart, good looking, confident bald guys too! At this point you already will be one of them! A very confident and an attractive bald man!

Second thing you should start doing is to start saving some money for your trip. It doesn't have to be a lot. But you want to certainly have some. You will need to buy a flight ticket and you'll have to cover your living expenses for at least 2 weeks before you find some kind of job there. If you manage to cover 2 weeks of your living expenses, or maybe a month to be safe here, you'll be fine.

So start saving!

Open a special savings bank account. Name it as "Escape Fund". Land a part time job or save all the money you get for birthdays or graduations from grandparents and so on and put it into this fund. The cash will be accumulating on your "Escape Fund" and your dream will become more and more real every passing day.

Then, when the time is right, buy your one way ticket to your chosen country. I did this before I graduated from college. My flight was scheduled on my graduation ceremony. I did not plan to go to graduation ceremony. Yes I had all the tough exams ahead of me before I graduated and I had already bought one way ticket on the date of graduation ceremony virtually spending all my savings on it. I made sure I pass all the exams. I studied hard.

It was kind of a rebellious act too. And very motivating one for me. I was sick of my city, college and everyone around. I just wanted to escape. Sometimes life can be very turbulent and can throw few devastating events at you and you just feel like you want to leave and start over. That's exactly what happened to me. But I didn't let these quite devastating events to brake me. Never let anything brake you my fellow young going bald or already bald man! Emerge stronger from every setback thrown at you!

For the next 2 months, after I bought my one way ticket to Los Angeles, California, I was fiercely studying and getting ready for my final exams. I was incredibly motivated to finish all the exams, because I knew the date of my biggest life adventure is about to start soon. And I knew deep in my heart, that I will be staying in my new homeland which was California. For how long? Only god knew. But I wanted to leave as a winner by passing my exams and graduating. That was my plan.

So, I finished all my exams and I didn't leave anything to stop me doing that. At the day of my graduation ceremony, when all the students were waiting to receive their diplomas nicely tied up, with all the proud family members, I was boarding a flight to LA. I was scared as hell and very excited at the same time. My true education and adventure was about to start.

I can only imagine the quietness in the big hall of the most prominent university of Slovakia, Kommenius University, when they called "Milan Stolicny" to officially receive his degree. Milan and nobody from his family showed up. The reasons are many and they're not

important for this book. In the meantime I was on my way to what turned out to be a biggest, most educative, most self-confidence building adventure of my life.

I looked down on the Atlantic Ocean spread vastly below me and got shivers from the excitement. I already felt amazing and confident, that whatever comes next, I will conquer.

Anyway, my degree was delivered to me about a year later to the USA by one of my college buddies visiting with his girlfriend. We marked it as an official delivery and we celebrated and left on the formality of it all. I officially became a graduate from the university that already thought me much less in 5 years as the stay in different country did in 1 year.

Take it anyhow you want my fellow, most likely very young balding or bald man on confidence building mission. Confidence is mainly build through situations like these. I wholeheartedly wish you the best to embark on a mission like this too, because it will certainly increase your overall confidence and change your life for better.

And then just make it happen!

You'll come back home as a different man. Or if you decide to stay and call your new place "home" like I did, you too will become a different man. A very confident man! A man that went through a lot of trying, failing and of course, succeeding! Your confidence will rise tremendously with every day passing in your adventure.

You'll learn a lot and you'll know, that you can handle any challenge thrown at you. Now, that's confidence! Get started my fellow young balding or bald man. Achieve greatness, happiness, success and attractiveness! Live a fantastic great bold life with no regrets! Achieve **High Confidence!** That is a base of it all. Good luck on your journey!

Recap

- 1) For 71 days you'll be doing your strength training routine everyday beside Sunday - 5 sets of maximum you can do repetitions of pull ups, 100 push ups, 50 squat jumps and 50 floor crunches in least amount of sets needed to complete them.
- 2) For 71 days you won't put any additional sugar in any form in your mouth.
- 3) For 71 days you'll put all the girls on the bottom of your priority list.
- 4) For 71 days you'll fill your time with productive activities.
- 5) For 71 days you'll think like a winner with growth mindset and you'll force yourself to fail 1 and more times per day without getting down on yourself.
- 6) For 71 days you'll trust yourself with everything you do and you'll force yourself to believe it is the right thing to do.
- 7) For 71 days you'll maintain high confidence posture.
- 8) For 71 days you'll act on your goals everyday untill completion. You won't brake promises with yourself.
- 9) For 71 days you'll be building something.
- 10) For 71 days you'll avoid stupid people and losers and you won't associate with unhappy people and people who hold you back.
- 11) For 71 days you'll dress for success every day for every occasion.
- 12) For 71 days you'll use word "NO" often and with no explanation.
- 13) For 71 days you'll be taking cold showers.
- 14) For 71 days you'll remind yourself that you have nothing to lose and you'll dare to be original, bold and adventurous following your wildest dreams and goals.
- 15) For 71 days you'll guard your positive attitude with life by not watching and reading the news and exposing yourself only to positive stuff.
- 16) For 71 days you'll live like a spartan and you'll create and fund your "fuck you fund".
- 17) For 71 days you'll let them do the talking and you'll keep quite.
- 18) For 71 days you'll force yourself to have fun everyday.

19) (Optional but strongly recommended) For 71 days you'll be planing your ultimate escape.

Conclusion

The purpose of 71 Days to Bulletproof Confidence is to help you achieve high self confidence so you can approach your days with boldness, action and self belief. That also in turn will make you an incredibly attractiveness magnet. Yes that's what confidence does too.

71 Days to Bulletproof Confidence will help to bring out the confident leader of your life in you. It will help you make you the best version of you there is. You will always be you - so you should always be the best you can be.

71 Days to Bulletproof Confidence will make you feel and be a winner of your days. With accomplishing something you set out to do comes pride and confidence.

What to do after 71 Days to Bulletproof Confidence: After completing 71 Days to Bulletproof Confidence you could certainly go back to your old ways, but before you do ask yourself this question: Which habits were better for me?"Old habits die hard". That's why you will kill them for good with 71 Days to Bulletproof Confidence and build and keep the habits that will be most beneficial to you and your overall self confidence.

Now you know you have the discipline to follow through for 71 days. You know you can become anything you want and implement the new habits you wish to cultivate. Now, that is **confidence!**

There is always a new confidence building habit, a more productive habit that we want to implement. With 71 Days to Bulletproof Confidence you will learn the power of turning "want's" into "do's", and you can use that power to implement new habits every 71 days, 12 months of the year. Anytime you want to develop a new habit. It is a powerful tool you can use for life! And knowing that you have that tool in your toolbox means confidence!

When should you start? Start right now because tomorrow is too late. Put down the potato chips, turn off the TV and let's get down to business. There's ass to kick, and you're the one who's going to kick it!

Milan Stolicny.