

**UNSTOPPABLE**

**HOW TO**  
**CONQUER YOUR**  
**SELF-DOUBT &**  
**WIN SUPREME**  
**CONFIDENCE**  
**STARTING TODAY**

*J. Han Eker's*

CONTENTS BY

JESSE EKER

CREATED BY

# MEET THE CREATOR BEHIND THE CONTENTS OF THIS REPORT

## T. HARV EKER

### **Financial Philosophy:**

*"If you're going to work hard anyway, you might as well get rich ...and the quicker, the better!"*

T. Harv Eker's message comes directly from the firing lines of the "real" world. Described as a unique blend of "street-smarts with heart," Harv is one of the world's foremost business and personal success coaches. Having owned 17 businesses by the time he was 30, he uses hard-hitting, straight talk to pinpoint the critical elements that make the difference between success and failure.

Harv specializes in using the "Rags to Riches" approach. He has a knack for starting with little and earning large amounts of money, quickly. His passion is teaching others to do the same!

Starting with an initial investment of just \$2,000, he opened one of the first retail fitness stores in all of North America. In only 2 1/2 years, he expanded to 10 locations and then sold half the company shares to the H.J. Heinz Corporation (the ketchup people) for \$1.6 million.

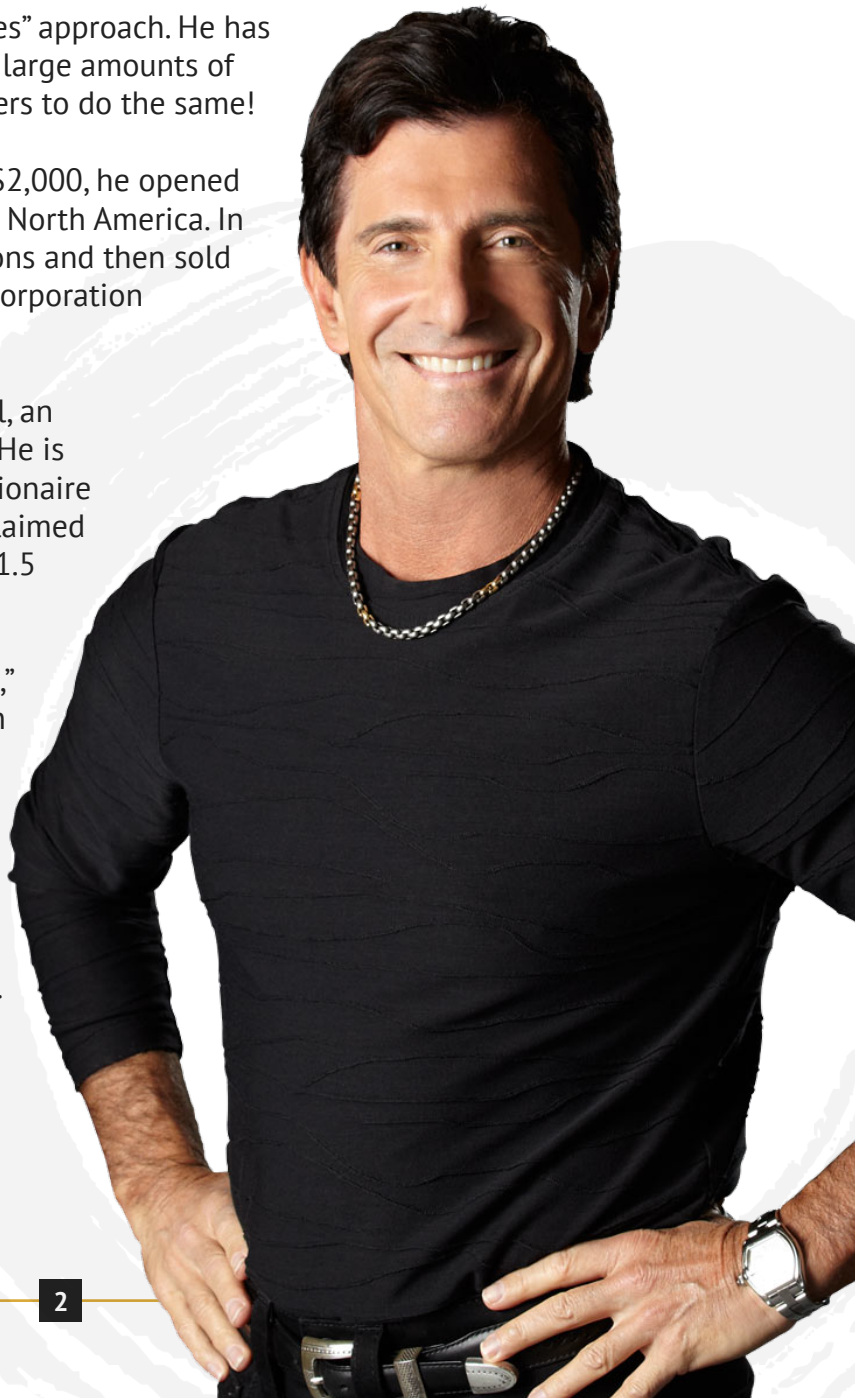
Harv is president of Harv Eker International, an online personal success training company. He is also author of the book, *Secrets of the Millionaire Mind*, and the creator of several highly acclaimed seminars and camps. T. Harv Eker has over 1.5 million students worldwide.

A graduate from the "school of hard knocks," Harv shares the "ups and downs" of his own journey toward the ultimate combination of money, meaning, and happiness. His students put it best, "T. Harv Eker makes success simple!"

You can attend his newest web class, [\*"Don't Believe A Thought You Think,"\*](#) for free.

[Click here to reserve your spot.](#)

Enjoy and prosper!



# HOW THIS REPORT WAS CREATED...

Hi, I'm Jesse Eker, CEO here at Harv Eker International and T. Harv Eker's son.

First of all, I want to thank you for your time, and secondly, for your commitment. By simply getting your hands on what I'm calling this little unofficial report, you've taken the first step toward success.

You know, there are a lot of people who say that they're committed, but they're not willing to spend the time, energy, and effort to continue their ongoing learning.

And that's why they generally don't produce success.

With that being said...

What you're reading now is something I found inside my dad's company hard drives. I was searching for "lost files" that were once treasured by our clients but had possibly been forgotten over the years.

Just when I was about to call it quits for the day, I stumbled across this.

If you don't know already, we're big on developing the millionaire mindset, and one of the first steps to doing that is conquering your inner self-doubt.

Discovering this little nugget of gold my dad created appeared at the perfect time, which is why I polished it up into a nice little report for you.

I'm calling it **Unstoppable**: "*How To Conquer Your Self-Doubt & Win Supreme Confidence Starting Today*".

Inside this report is an introduction to the material Harv will be covering in his upcoming web class, "[\*Don't Believe A Thought You Think.\*](#)" so you can start taking action today.

Read to the end, and you'll learn how Harv destroyed his self-doubt so he could become confident enough to achieve the success he has now.

Most importantly, you'll begin to learn how the key to success lies within you.

The truth is, success can be very simple – if you master a few crucial elements.

In fact, one of my favorite sayings in business and in life is simply this:

"How you do anything is how you do everything."

This report will give you an introduction to Harv's favorite success principles, which will be covered in far greater detail in his free web class, "[\*Don't Believe A Thought You Think.\*](#)"

Once you've finished this report and you're ready to take action, I highly recommend you go ahead and confirm your spot for the web class straightaway – so you don't lose an inch of momentum.

By the way, how much are you going to get out of this report and the web class?

It's simple: you get out exactly what you put into it.

And with that in mind, let's get started.

To Your Success,

**JESSE EKER**



# DO YOU EVER DOUBT YOURSELF?

Do you ever doubt your abilities?

Do you ever doubt your choices?

Do you always feel a little bit unsure?

Do you ever talk yourself out of going for what you really want in your life thinking, “Well, I’m not sure it’s going to work. I’m not sure I can do it...”?

Do you ever lack a little bit of confidence?

Do you ever lack a little bit of self-esteem and inner power?

Well, if that’s the case, you are not alone. In fact, I want you to know right now, that’s actually normal for most people. And why is that?

**It’s because we have a mind, and your mind is a survival mechanism.**

Your mind’s only job is to keep you alive to survive.

And therefore, the primary element in life is protection. It’s here to protect you. So its job is to keep you out of trouble. It’s like having your own bodyguard.

So maybe you have this idea of “*Hey, I’d like to start a business.*”

Or, “*I’d like to walk up to this person who I find attractive.*”

Or, “*I’d like to play this game, but this person’s going to destroy me.*”

But then your mind gets in the way. How?

Because you’ll make a decision, “*Okay. This is what we’re going to do. I’m going to do this. I’m going for this. I’m doing this.*”

But what happens three hours later?

Your mind chimes in and goes, “*I don’t know. I don’t know if I can do this. I don’t know if this is going to work.*”

Have you ever had that happen?

If you’re alive, you’ve had that happen. I know that I have many, many times.

So, in this short report, we’re going to talk about...

# YOUR INNER POWER, SELF-ESTEEM, & HOW TO CREATE MORE CONFIDENCE IN YOUR LIFE

Let's talk about confidence first.

Confidence comes from the Latin word "Confidere."

Want to guess what that means?

It means to trust. What's the word? To trust.

Now, when it comes to confidence and when it comes to trusting, who do you think you have to trust?

Yourself.

That's what confidence is. It's really self-confidence, isn't it? So it's about trusting yourself.

Now, how do you get to trust yourself?

Two important steps...

## STEP 1 YOU NEED EXPERIENCE

If you have abilities in a certain area, you can pretty well trust that you're going to be able to perform, and at least do the things you were able to do before.

Yes or yes?

It's like riding a bike. The first time you rode a bike, you had almost zero confidence. You didn't know exactly what to do, because you had never done it before. But after doing it one, two, three, four times or more... you began to have more trust in yourself. You started to believe you could do it. In fact, you probably realized it was a lot easier than you thought it would be. Makes sense, right?

So, the number one thing is experience. How do you get experience, especially if you don't have it? Read closely now and write this down...

### **Start small, make it easy.**

You don't start by hopping up on the bike and bombing down a big hill going 20 miles an hour. No, it isn't even close to that. You first start with training wheels. Maybe you have a family member holding you up and pushing the bike for you. Then you get used to that for a little while. Then the next time, you get a little bit better, and maybe you take the training wheels off, but you still have someone there to push you.



Then you get used to that, too. After the 10th time, you take the training wheels off, you go to the top of the hill, and you decide to “ride a bike” by yourself for the first time. Everything in life works this exact same way.

You crawl before you can stand. You stand before you can walk. And you walk before you can run. Makes sense?

So, what’s the next step to gaining more confidence?

## STEP 2 YOU NEED SUPPORT

Number two is asking for help and getting a little bit of support, especially for your first couple of times at something.



**Get some assistance, some teaching, or some support.**

That’s where, for example, learning comes in. That’s why I’m such a huge believer in learning.

And that’s why we do what we do here at Harv Eker International.

I believe in knowledge. It changed my life. Because again, at the beginning, how are you supposed to know anything?

Here’s the big thing. I want you to write this down if you’re in a position to do it...



# KNOWLEDGE CONQUERS FEAR ANY DAY OF THE WEEK

Let me say that again.

**Knowledge conquers fear.**

And what is doubt? What is unconfidence? It's fear. It's only a form of fear.

Yes or yes?

The more knowledge you have, the more experience you have, and the less fear you'll have... because knowledge conquers fear.

So yes, absolutely. Please, if you enjoy our stuff, learn from me, learn from us. If you enjoy other people's stuff and it resonates with you, learn from them.

How do we start?

We want to start small. There's no use starting anything big. And why do that?

One of my favorite quotes is my own quote, and it says this:

“

**One step in the right direction is worth 100 years of thinking about it.**

So start small. Take a small step. Put the training wheels on.

That's all you have to do.

Now, Newton said this. He said, "A body in motion will tend to remain in motion while a body at rest will tend to remain at rest."

**So it's all about gaining momentum.**

And as you're doing well, what happens? You get good momentum.

When you ride your bike down that hill for the first time, you might have your hands or feet slightly on the breaks. Just so you don't go too fast.

But because you have a little bit more confidence? You let the brakes go and you allow the bike to go faster, and faster, and faster, until momentum is carrying you down the hill without needing to peddle.



You take a little thing, you get in the game, you start small, and you allow momentum to work with you. Now, the last thing I want to say about this idea of confidence is simply that, as we said earlier, it's all about trusting who? Yourself.

So if we know that our mind, which is our protective mechanism, has a voice, what are some of the phrases that your voice will tell you?

When in doubt, it says:

*"This might not work."*

*"What if I can't handle it?"*

*"What if it fails, and what's going to happen then?"*

*"Why me?"*

All that kind of stuff. So it's going to do its regular chatter chatter, making you afraid so you don't get out of your comfort zone.

Because if you don't get out of your comfort zone, then your mind's chilling out. *"Yeah. Everything is cool here. Well, this is easy. No problem."*

But the minute you get out of your comfort zone, it starts to go, *"Oh, look out." Because it wants to protect you. It wants to keep you in familiar territory, does that make sense?*





## HOW TO TARGET, IDENTIFY, & NEUTRALIZE YOUR NEGATIVE SELF-TALK

What do you do to combat that? Positive self-talk.

See, your original self-talk from your mind was, “This isn’t going to work. I’m not sure. It didn’t work before. How do I know? I don’t want to waste my time.”

Blah blah blah blah blah.

That’s your self-talk... but is it helpful? It doesn’t help you take any action, does it? It puts you into fear and paralyzes you. What do you have to do?

You have to manage your own mind.

One of the big things that people know me for is this understanding that says, “Don’t believe a thought you think.”

Just because it comes out of your head, it doesn’t make it true. In this case, it’s just a bodyguard that’s doing its job. You don’t have to believe the bodyguard. You can simply say, “Thank you for sharing. But, hey, we got this. We got this. We can do this.”

## TALK TO YOURSELF IN A SUPPORTIVE WAY.

A lot of people talk to themselves in a very, very derogatory manner.



That is one sure way to be unsuccessful and unhappy. You cannot make yourself more unhappy than to continue to beat yourself up or tell yourself things that are fear-based.

That will drive you crazy. You know what it feels like? It feels like complete crap.

You know why you feel like crap? Because you've talked yourself into feeling like crap.

All right. So what do you do?

You would do what a coach would do. You would pump yourself up. You would tell yourself positive things. Then you're going to say, "Hey, we got this. We can do this. Trust yourself."

Now, this is one thing people ask me all the time because I have over 3 million students.

They go, "But Harv, what if I really don't know? And what if it does go sideways?" This is what you have to trust. Trust you can handle whatever happens at the time.

So, let's say I had 10 businesses that didn't work. And what happened? I was broke.

Broke. Broke. Broke.

Many of you know my story. But you know what? I didn't die. Okay. I was upset. I was frustrated. I was unhappy. I couldn't get the things I wanted. I had to choose between having dinner that night and putting \$5 of gas in my car.

Was it comfortable? No. Was it embarrassing? Yes. Was it something that I wanted for myself? No.

But what happened? I didn't die.

So you mope, and you groan, and whatever. Then you get yourself in a better place, and you do what? You start again. What else are you going to do?

So you trust yourself that whatever happens, even if you go broke or bankrupt, you just do your thing. Chill out for a while, get your strength back, and move again. Go again. And you just keep on doing that.

You're a survivor, you're not going to die.

It may not be comfortable, but you can handle it. So that's the big thing about confidence.

# TRUST YOURSELF & KNOW THAT YOU CAN HANDLE WHATEVER HAPPENS AT ANY TIME

If you can, learn, learn, and learn more!

Gain more knowledge because knowledge conquers fear.

And if you can simply trust yourself that whatever happens, you will be able to handle it, you'll gain incredible amounts of confidence.

And you do that by changing your negative self-talk from, "Oh, I don't know. I'm not sure. What if? What if? What if?"

Into... "Hey, we got this. Let's do it. Let's go for it. We can handle it. We can. And whatever happens, we'll be able to make it work."

If you can do that, you, too, will gain confidence. And when you have that, the world opens up. True or true?!

I hope you enjoyed this little unofficial report...



# WANT TO DISCOVER MORE SECRETS TO GAINING CONFIDENCE IN YOUR LIFE?

Now, this report is a great start to the basics of your inner game – but this is just the beginning.

If you've enjoyed these lessons and principles, then I highly encourage you to join me on my free web class, [\*“Don't Believe A Thought You Think: The Greatest Secret To Life.”\*](#) You can [click here](#) to reserve your spot.

Be warned though, this is a training that will force you to level up your current way of thinking, challenge your beliefs and behaviors – and put you in a position to succeed in spite of anything.

In this web class, I'm going to share a lot more advanced information and tools that you can use to master your mind and master your life – and achieve the success you're capable of.

Of course, it's not for everybody, and it may make some people uncomfortable. And that's fine.

**But if you're up for it, and you're ready to make a change, I strongly urge you to join us by reserving your spot [here](#).**

[\*“Don't Believe A Thought You Think”\*](#) will take the concepts covered in this e-book even further, and will give you exact action steps required to live a powerful, successful, happy, joyful, and fulfilling life. And isn't that what everyone wants?

Best of all, the web class is free to attend! That's right, it's complimentary, so don't delay, and reserve your spot now.



# CONFIRM YOUR FREE SPOT





Bye for now, and thanks for reading – I'm honored you spent your time learning and growing with me.

For Your Freedom,



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