

# TRAINING 1

## THE 5 TRAPS OF SELF-DOUBT

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### 1. HESITATION

- WE TEND TO HESITATE WHEN WE ARE UNSURE
- MANIFESTATION OF SELF-DOUBT THAT BECOMES A **HABIT**
- EVERY TIME YOU CATCH YOURSELF **OVERTHINKING** THAT'S THE HABIT OF HESITATION

THERE IS A **GAP** BETWEEN **KNOWING** WHAT TO DO & **DOING** IT AND IT'S ABOUT 5 SECONDS LONG

5-4-3-2-1-GO

"CHANGE IS SIMPLE. WE MAKE IT DIFFICULT BECAUSE WE SPEND TOO MUCH TIME THINKING ABOUT WHAT TO DO AND NOT ENOUGH TIME ACTUALLY DOING IT."

### STEPS TO ENGINEER A QUANTUM LEAP

- 1 **FIND SOMEONE** WHO'S A COUPLE STEPS AHEAD OF YOU & STUDY THEM
  - WHAT HABITS DO THEY HAVE THAT YOU DON'T?
  - ADOPT THEM & BUILD MOMENTUM
  - THERE IS SOMEBODY OUT THERE WHO'S DONE IT
- 2 **AUDIT** WHO YOU ARE FOLLOWING ON SOCIAL MEDIA.
  - YOU CAN USE IT AS A TOOL FOR GOOD/EVIL
  - CURATE YOUR SOCIAL MEDIA SO THAT YOU'RE GETTING POSITIVE MESSAGES ABOUT WHO YOU WANT TO BECOME

IT'S TIME TO **UPDATE** YOUR **THINKING** PATTERN!

### THE 5 TRAPS OF

#### 2. HIDING

- TRIGGERED BY **FEAR**
- PURE AVOIDANCE
- BEING SILENT
- PROCRASTINATION

DEVELOP AN **INNER SENSE** THAT

OF REJECTION  
OF DISAPPOINTING OTHERS  
OF NOT BEING WORTHY

PEOPLE WOULD BE MORONS NOT TO WORK WITH YOU

#### 4. HELPLESSNESS

- WHEN YOU GET STUCK IN A PROBLEM ALL YOU SEE IS THE PROBLEM. BUT WHEN YOU COMMIT TO SOLVING IT, YOU'RE GONNA SEE **SOLUTIONS EVERYWHERE**.

→ YOU'RE NOT A VICTIM &

- YOU'RE NOT HELPLESS
- YOU DON'T NEED TO BELIEVE IT, YOU JUST HAVE TO **DO IT**
- **STOP WAITING** TO FEEL LIKE IT

YOU CAN STILL MOVE FORWARD WHEN YOU'RE NOT READY!

THE ONLY THING THAT CAN BREAK THE TRAP IS **ACTION!**

## SELF-DOUBT

→ IT'S A DECISION NOT TO TRY

WHO'S THE **PROBLEM?** → YOU  
WHO'S THE **SOLUTION?** → YOU

### 3. HYPERCRITICAL

- TRIGGERED BY PAST FAILURES
- **PERFECTIONISM** = **DEFENSE MECHANISM** TO SHIELD YOURSELF FROM CRITICIS
- **FEAR OF FAILURE** / JUDGEMENT **DRIVES PERFECTIONISM**
- WHEN YOU'RE IN YOUR OWN HEAD ARGUING AGAINST YOUR DREAMS

### 5. ANXIETY

- WHEN YOU DOUBT YOURSELF, YOU END UP WORRYING ABOUT THINGS ALL THE TIME
- IF YOU **WORRY** TOO MUCH, IT BECOMES A **HABIT**

SELF-DOUBT → WORRY → ANXIETY → PANIC

→ FEELING NERVOUS IS NORMAL

→ THE BODY STATE OF FEELING **NERVOUS** IS THE EXACT SAME THING THAT YOUR BODY DOES WHEN YOU'RE FEELING **EXCITED**

"I'M EXCITED!"

**REDIRECT** YOUR STATE OF HIGH ENERGY



NERVOUS = EXCITED