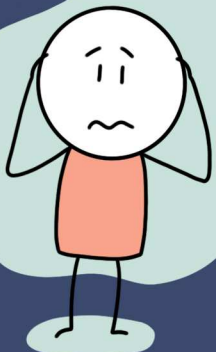


# TRAINING 1

## THE 5 TRAPS OF SELF-DOUBT

BY MEL ROBBINS



### 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**



NERVOUS



EXCITED

"I'M EXCITED!"

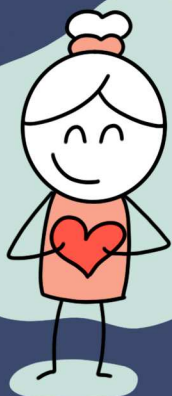
**REDIRECT** YOUR STATE OF HIGH ENERGY



# TRAINING 2

## THE 3 MYTHS & TRUTHS OF PASSION

BY MEL ROBBINS



WHAT WOULD FEELING ENERGIZED EVERYDAY LOOK LIKE?

### THE 3 MYTHS & TRUTHS OF



#### 2 WE ASK THE WRONG QUESTIONS

WRONG QUESTION: WHAT AM I PASSIONATE ABOUT?

→ IT DIRECTS YOU TO FIND AN ANSWER THAT'S OUTSIDE OF YOU.

RIGHT QUESTION: WHEN DO I FEEL PASSIONATE?

WHEN DO I FEEL ENERGIZED?

→ IT MAKES YOU LOOK FOR AN ANSWER INSIDE YOU

#### 1 LOOKING FOR PASSION IN THE WRONG PLACES

FACT: PASSION IS NOT A

- PERSON,
- PLACE,
- OR THING

→ IT'S A MISTAKE TO THINK THAT THERE IS A SINGULAR JOB, PERSON, HOBBY, PLACE THAT WOULD SOMEHOW BRING PASSION TO YOUR LIFE

PASSION IS NOT OUTSIDE OF YOU!

PASSION IS A STATE OF BEING. IT'S INSIDE OF YOU. PASSION IS ENERGY.

→ WHEN YOU'RE LOOKING FOR MORE PASSION, YOU'RE ACTUALLY LOOKING FOR MORE ENERGY

### 3 TRUTHS ABOUT PASSION

#### 1 PASSION IS ENERGY



#### 2 ASK: "WHEN DO I FEEL ENERGIZED?"

#### 3 PASSION IS SOMETHING YOU CREATE

### 3 MISTAKES ABOUT PASSION

THERE WILL BE DAYS WHEN YOU FEEL DEPLETED BUT YOU MUST LEARN HOW TO NOT GIVE YOUR POWER AWAY!

→ WHERE DO YOU FEEL DEPLETED?

→ IN WHICH AREA OF YOUR LIFE DO YOU WISH YOU HAD MORE PASSION?

WRITE DOWN:

"I WISH I HAD MORE PASSION IN MY \_\_\_\_\_."

#### 3 PASSION IS WAITING TO BE FOUND

FACT: PASSION IS STH. YOU CREATE

→ YOU ARE FULLY IN CONTROL

IT STARTS WITH YOU!

• YOU'RE NOT GOING TO EVOLVE YOUR LIFE FROM A STATE OF BEING DEAD!



• UNDERSTAND THE DIFFERENCE BETWEEN BEING A PASSIONATE PERSON VS. HAVING A JOB THAT EXPRESSES THAT PASSION ABOUT YOU.

• YOU NEED A BREAKTHROUGH ABOUT HOW YOU CAN BECOME MORE ENERGIZED IN YOUR DAY TO DAY LIFE, SO YOU AS A HUMAN BEING ARE SHOWING UP AS A MORE POWERFUL & PASSIONATE PERSON EVEN AT A JOB THAT YOU HATE.

### THE FORMULA FOR PASSION

DO MORE OF WHAT ENERGIZES YOU & DO LESS OF WHAT DEPLETES YOU



DEPLETED

ENERGIZED

### THE PASSION GAUGE

IT'S LIKE A FUEL GAUGE IN YOUR CAR

→ HELPS YOU MEASURE YOUR ENERGY LEVEL

→ CHANGES THROUGHOUT THE DAY

→ HELPS YOU FIND CLARITY TO MAKE THE CHANGES THAT WILL MAKE YOU FEEL MORE ENERGIZED

→ PAY ATTENTION TO HOW YOU FEEL

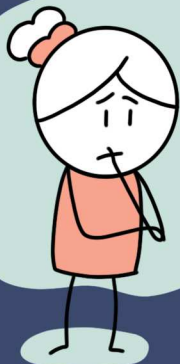
→ LISTEN TO YOUR INNER WISDOM



## TRAINING 3

ARE YOU SOLVING  
THE RIGHT PROBLEM?

BY MEL ROBBINS



ASK YOURSELF:  
WHAT DO YOU  
WANT?

BECOME AN



OUTCOME/SOLUTION  
THINKER

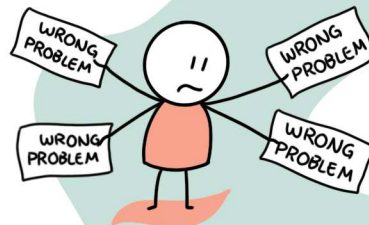
SPEND YOUR  
TIME & ENERGY  
SOLVING THE PROBLEM  
THAT'S CAUSING YOU  
ANXIOUS FIRST!

HOW DO I...?



SOLVE THE RIGHT PROBLEM FIRST

WE OFTEN GET VERY  
AGITATED ABOUT THINGS &  
GET BUSY TRYING TO FIX  
ALL THE SHIT AROUND US



→ BUT WE'RE NOT ACTUALLY  
HAVING A CONVERSATION  
ABOUT THE THING THAT'S  
BOTHERING US

→ WE'RE NOT SOLVING  
THE RIGHT PROBLEM

→ INVENT A FICTIONAL LOCATION  
THAT'S SOMEWHERE FAR AWAY FROM  
WHERE YOU'RE STUCK,  
THEN

COME UP WITH WAYS TO GET THERE



COMING UP WITH OPTIONS WILL  
RELIEVE YOU FROM ANXIETY  
TO SOLVE THE PROBLEM

→ THERE IS NEVER  
ONLY ONE  
SOLUTION TO SOLVE  
A PROBLEM

IT'S SO EASY TO  
GET STUCK & NOT SEE  
THE BIGGER PICTURE

WHAT TO DO?

→ DO BRAINDUMPS  
→ START ASKING FOR HELP