



*Britney A. Green
& Susette Bryant*

Power Purpose & Destiny

**Get Ready to: Set Goals ♦♦ Take
Action ♦♦ See Change**

21 Days of Transformation

A 3 Week Course





POWER

WEEK 1



IGNITING PERSONAL POWER:

Experience a Mindset Makeover by leaving limiting beliefs behind and accelerating into the growth zone.

Britney A. Green & Susette Bryant

KeyPoint
Leadership

SET GOALS. TAKE ACTION. SEE CHANGE.

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HELLO READER

Welcome to the life-transforming journey of "Power, Purpose, and Destiny." As you embark on the first 7 days of this profound course, the Power Module, you are about to unlock the keys to your true potential and discover the path to a purposeful and fulfilling life.

Throughout these initial days of transformation, you will be introduced to essential concepts that have the power to reshape your mindset and guide you toward growth and self-realization. One of the fundamental lessons you will explore is the critical distinction between a Fixed Mindset and a Growth Mindset. Understanding the impact of these mindsets on your life is the first step toward unleashing the infinite possibilities that lie within you.



Moreover, you will delve into the deep connection between self-doubt and the fear of change. By acknowledging and confronting these internal barriers, you can transcend your limitations and embrace change as a powerful force for personal development.

Perhaps one of the most empowering aspects of this module is the journey toward identifying, erasing, and replacing limiting beliefs. These beliefs, often formed by past experiences or societal influences, can hinder our progress and potential. Through dedicated introspection and guidance, you will learn to break free from these shackles and create a new narrative that aligns with your true aspirations.

This course is more than just a series of lessons; it is an opportunity for self-discovery and growth. As you progress through the Power Module, be open to embracing new perspectives, challenging yourself, and cultivating a mindset of resilience and possibility.

We encourage you to approach this journey with curiosity, commitment, and compassion for yourself. Personal transformation requires patience and dedication, but rest assured, the rewards will be immeasurable.

Together, let us embark on this path of empowerment, where you will harness your inner strength, unlock your purpose, and shape your destiny.

The journey may not always be easy, but we promise it will be worth it. Thank you for choosing "Power, Purpose, and Destiny." We are excited to witness the incredible transformations that await you on this voyage of self-discovery.

With warm regards,

*Britney Green
&
Susette Bryant*

PPD: KEY POINTS FOR SUCCESSFULLY COMPLETING POWER, PURPOSE & DESTINY

1 MAKE EVERY EFFORT TO COMPLETE THE COURSE WITHIN 21 DAYS.

Maintaining this schedule ensures that you achieve and maintain momentum. The goal is to experience maximum breakthrough; that will happen only when you fully engage and complete the course.

2 PRINT THE COURSEWORK AND KEEP IT IN A BINDER OR FOLDER.

This is beneficial so that you can easily review completed modules. Many find it helpful to revisit the coursework, even after completing all modules. The coursework is designed to provide present and future insight.

3 REMEMBER THE "WHY."

Transformation requires commitment. We show commitment in several ways: through money, time, and effort. You've already made the financial commitment, and now you're ready to invest your time and effort. When distractions and daily challenges arise, just remember your "why."



Personal power is an "inside job." It is a power that exists because of your internal qualities, rather than external forces.

The question is: "Have you ignited your personal power, or is your battery at 10% and fading fast?" You have everything you need to set yourself apart. Through your behavior, mindset, and relationships, you can make a lasting impact and have the life you deserve and desire.

Often, somewhere along the way, we give away large portions of our power. Pain, rejection, disappointment, and fear trick us into believing that life is happening to us, rather than within us. It's time to reclaim the power you've given away to other people and causes that no longer serve you.

It's time to reclaim the power that:

- Enables us to change our lives
- Clarifies our purpose
- Develops our vision
- Releases limiting beliefs



Growth Mindset: The Key to Personal Power

MINDSET ASSESSMENT

There are no right or wrong answers. Choose the option that best fits you.

I believe I can always change my talent, no matter how much I have to start with.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

I like working on things that make me think hard.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

When something is hard, it makes me want to try harder. It doesn't make me want to give up.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

I know I can learn new things, but I don't believe I can change my intelligence.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

I don't mind making a lot of errors when I first start learning something new.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

I prefer doing things that I can do well at without putting a lot of effort into it.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

I prefer to work on things that I can do perfectly or get right most of the time.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

If I have to try hard or put in extra work, it makes me feel like I'm not good enough.

1. ☐ Strongly Disagree
2. ☐ Disagree
3. ☐ Somewhat Disagree
4. ☐ Somewhat Agree
5. ☐ Agree
6. ☐ Strongly Agree

ASSESSMENT RESULT

Add up the numbers that correspond to each of your answers.

YOUR SCORE:

8-12

17-24

25-32

33-40

41-48

What it Means

8-12: You strongly believe that your talents, intelligence, and abilities are fixed traits that can't be changed. You see putting in effort and trying hard as a sign that you just aren't good at what you're doing. If you are not likely to do well or succeed, you would rather not participate and instead choose to do things that come easy for you. You believe that talented or highly intelligent people are that way naturally and they do not have to put in effort to be that way.

17-24: You believe your talents, intelligence, and abilities probably don't change very much. You tend to choose situations in which you don't make many mistakes and you don't have to put in too much effort. You believe that learning and improving should be easy to do.

25-32: You're not sure if your talents, intelligence, or abilities can be changed, but you recognize you can learn and change in some ways. You care about your performance and being good at things, but you also value learning something new that you're not as good at, yet. You prefer not to have to try too hard.

33-40: You believe you can increase your intelligence and improve your talents and abilities. You care about learning and growing, and you're not afraid to put in effort to improve. You care about performing well, but you value learning, too. You would never avoid doing something in order to avoid looking or being bad at it.

41-48: You strongly believe that you can learn, grow, and improve in all areas, including your talents, intelligence, and abilities. You enjoy being challenged by things you're not good at, yet. You believe in the value of hard work, you don't fear making mistakes, looking bad, or even failing because you know these things lead you to learn and improve. You value performing very well and therefore you value the effort and learning it takes to succeed.

Remember: Your mindset can change and develop! You can shift your mindset more toward a growth mindset. Find out more at www.mindsetworks.com.

TAKE YOUR POWER BACK!

Most of us are operating on low power levels. Why? Because we give our power away. How? By allowing other people's actions and beliefs to affect us, and by directing our energy and attention toward negative things or toward other people. Your ability to live in alignment with your purpose will be amplified by taking your power back! Answer the questions below and evaluate how much power you give away—and then take it back!

Who or what do I blame for any negative situation?

In what way do I feel pressure to achieve? To please?

What % of my energy goes to:

Pleasing my family?	_____ %
Pleasing others?	_____ %
Being pessimistic?	_____ %
Thinking about resentment?	_____ %
Negative self-judgment?	_____ %
Regrets over failures?	_____ %
Controlling others/experiences?	_____ %
Worrying?	_____ %
Worrying? <i>My AUTHENTIC self?</i>	_____ %

MAKE SURE IT ADDS UP TO 100%.

NOW, TAKE BACK YOUR POWER!

**YOU CANNOT CHANGE THE PAST OR LIVE FOR
OTHERS. FREE YOURSELF AND YOU'LL BE AMAZED
HOW MUCH YOU CAN CREATE IN YOUR LIFE!**

Developing a Growth Mindset

Part 1: Awareness

Now that you know what a growth mindset is and why it is such an important belief system, you can begin to practice this way of thinking.

Awareness of Your Self-Talk and Fixed Mindset Triggers

Everyone has an internal voice, and part of this voice is an inner critic, inner hater, or inner doubter—it is the fixed mindset persona. You can hear this persona within the negative self-talk that happens in your thoughts and mind. It can sound like:

- I'm not good enough.
- I will probably fail.
- I can't do this.
- I don't want to risk it.
- I shouldn't have to try so hard.
- If I'm not naturally good at this, I should just quit.
- It's not my fault.
- This makes me uncomfortable, I'm not doing it.
- Why try if it won't change anything?

What does yours often sound like?

Give your fixed mindset persona a name. Naming it helps you remind yourself that this mindset—or habit of thinking—is not who you are!

I will call my fixed mindset persona:

Identify your triggers. What situations tend to trigger your fixed mindset persona?

- **When you're thinking about taking on a big challenge or learning something new?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When you're thinking about making a change?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When someone criticizes you?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When you fail at something?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When something goes wrong? Do you beat yourself up or blame someone else?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When someone else makes a mistake? Do you judge them? criticize them?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When you're under pressure or on a deadline?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When you procrastinate or are feeling lazy?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

- **When you have a conflict with someone?**

☐ Always ☐ Sometimes ☐ Never

What does your fixed mindset persona tell you when you're in this situation?

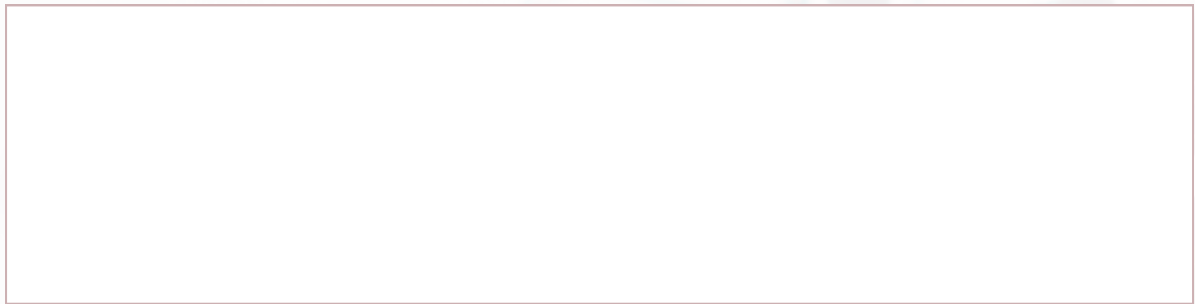
- **When your reputation is at risk or you worry what others will think?**

☐ Always ☐ Sometimes ☐ Never

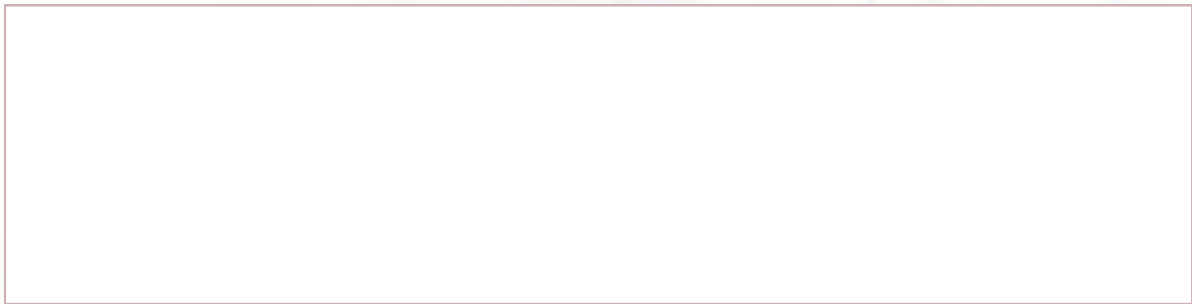
What does your fixed mindset persona tell you when you're in this situation?

Awareness of Your Reaction

Ask yourself, how am I rationalizing or judging the situation?

A large, empty rectangular box with a thin brown border, intended for the user to write their reflection on rationalizing or judging the situation.

How am I beating myself up or blaming others?

A large, empty rectangular box with a thin brown border, intended for the user to write their reflection on beating themselves up or blaming others.

What is the fixed mindset telling me?

A large, empty rectangular box with a thin brown border, intended for the user to write their reflection on the fixed mindset.

Developing a Growth Mindset

Part 2: Perspective

You may not always be able to change what happens around you, but you always have a choice of how you respond, react, and how you view the situation.

When you catch your fixed mindset persona with a limited thought, ask yourself, what else might be going on here?

What is a more realistic and optimistic way to look at this situation?

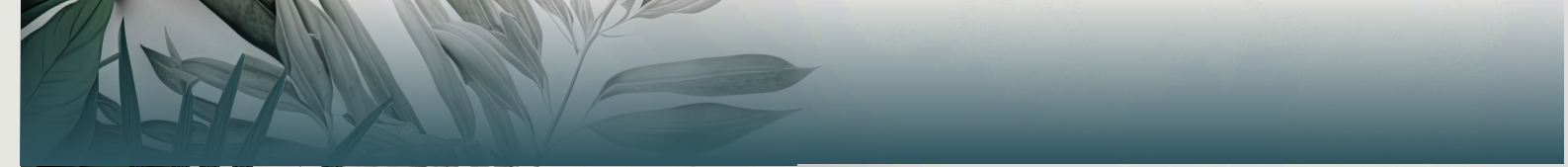
What are the good aspects of this situation?

How can I look at this differently?



Here are examples of rephrasing fixed mindset thinking as growth mindset thinking. Be on the lookout for any time you hear your fixed mindset persona taking over your internal dialogue, such as the reactions to the triggers you identified or the following common fixed mindset thoughts, you can change your perspective to a growth mindset.

- When you hear yourself thinking, "What if you're not good enough? You'll be a failure."
 - Change it to: "Everyone starts out not being good, and successful people all fail along the way."
- When you hear yourself thinking, "If it's this hard, you're probably just not good at it."
 - Change it to: "If it's hard, it means I need to put in more effort, and it will be a great achievement when I get good at it."
- When you hear yourself thinking, "If I don't try, I can't fail, and I will keep my dignity."
 - Change it to: "If I don't try, I have already failed, and I have no dignity."
- When you hear yourself thinking, "It's not my fault."
 - Change it to: "If I don't accept whatever part of this is my responsibility, I give away my power."



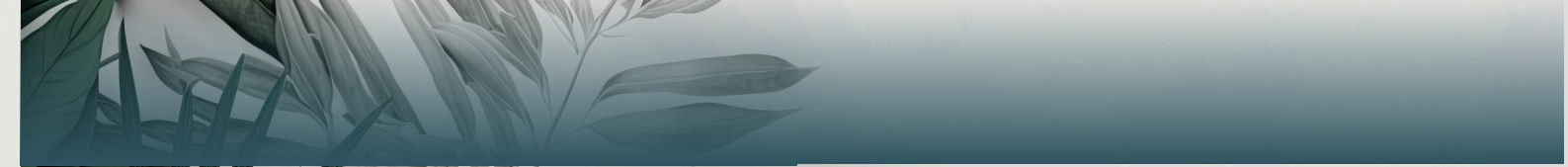
Go back through the fixed mindset triggers you identified and what your persona tends to tell you and rewrite a NEW thought from the growth mindset perspective.

My fixed mindset trigger thought:

My replacement growth mindset perspective:

My fixed mindset trigger thought:

My replacement growth mindset perspective:



My fixed mindset trigger thought:

My replacement growth mindset perspective:

My fixed mindset trigger thought:

My replacement growth mindset perspective:

My fixed mindset trigger thought:

My replacement growth mindset perspective:

Pink cherry blossoms are scattered around the top and right sides of the page, framing the title.

Developing a Growth Mindset

Part 3: Action

So, at this point you've noticed your fixed mindset persona thinking limited thoughts and you've changed your perspective. The next step is the most important, and in fact is what truly makes someone have a growth mindset. The most important factor for developing a growth mindset is action.

As yourself, what did you learn from the experience?

What could you do differently next time or going forward?



What would help you achieve this goal that you haven't tried?

What do you need to learn or what information do you need to gather?

What steps will you take?

DON'T STOP THERE! List out the steps that you will take, and for each one, identify exactly WHEN you will do it. If anything on your list cannot happen within 1 week, save it for later and re-assess at the end of the week. For everything else, include when you will do it and what you need in order to do it.

Lastly, **take 5 minutes to visualize** yourself taking each of these steps, as you imagine they will play out, including achieving the goal and outcome you are aiming for.



Practicing a Growth Mindset

Select your favorite affirmations from the list below or write your own and put them somewhere you will see them every day, such as next to your bed, on your mirror, on the cover of your day planner, attached to your computer screen, or programmed into the calendar of your phone to remind you to look at them every day, at least once.

- Everyone has a fixed mindset to some degree. Now that I know the difference and I know I can change, I am developing a growth mindset.
- Challenges, risks, and failures do not reflect that I am a failure, they are opportunities for me to grow and improve.
- I care more about the process and the journey and who I become along the way than I do about the outcome.
- I am glad that I am not perfect and that I never will be because it means I am not limited to where I am today.
- What other people think about me is none of my business. I no longer allow other people's opinions and judgments to hold me back from living a life of fulfillment and reaching my potential.
- I am always looking for the meaning and lessons contained in all situations that can help me fulfill the greater purpose in my life.
- I move past the discomfort of making mistakes quickly because I learn the lesson and allow it to help me improve so I can do better next time.
- I know that no one starts out great at something and so I am willing to try new things and practice skills I would like to have, putting in the time and effort I know it takes to master this area.



- I am the master of my thoughts, emotions, and actions and I do not give my power away by reacting to others criticism, judgment, or actions in a negative way.
- Having to exert effort to be good at something is a good thing because it shows me that I am capable of learning and improving. I love knowing I am not limited to my current strengths.
- I love knowing that even if someone else may be more naturally talented than I am, a person with better work ethic will outperform talent every time.
- I know that most truly successful people have failed their way to success.
- I have skills and knowledge today that I didn't have before because I learned and grew in those areas, so I know I can develop any ability I want.
- If my talents, abilities, and intelligence are not fixed, this means my potential is truly limitless!

Write your own:

DEFEATING FEAR TOOLS

DEFEATING FEAR OF CHANGE

Most people find deliberate change to be a difficult process. Many well-intentioned people have changes they want to make in their lives, but they get stuck repeating the same “change cycle” over and over again. Below you’ll find this common cycle, and you’ll most likely find it to sound oddly familiar because most people experience this process of inspiration and resistance when they face a decision to change.

Where are you stuck in the change cycle?

1. **Discontent:** You grow increasingly unhappy with an area of your life. Despite this, you “hang in there,” tolerating, ignoring, or repressing the situation because it feels comfortable and familiar, and you fear change.
2. **Breaking Point:** Your discontent eventually builds to a breaking point, either through exhaustion or a dramatic event that triggers the need for a change.



3. **Decision:** You decide you're ready for change and declare that you will no longer tolerate the undesirable situation. Taking the first step toward change gives you a brief sense of hope.
4. **Fear:** Soon after, fear sets in. You become uncomfortable, anxious about the idea of change, and begin to doubt your decision. Both staying and changing seem bleak, leaving you feeling helpless and empty.
5. **Amnesia:** As the fear of change grows, the original situation starts to look better than you initially thought. It feels less anxiety-inducing, more comfortable, and familiar. Since it's become part of your identity, you resist letting it go. You temporarily forget why you wanted the change.
6. **Backtracking:** Most people end up returning to or sticking with the situation they initially wanted to change, talking themselves out of the change altogether.



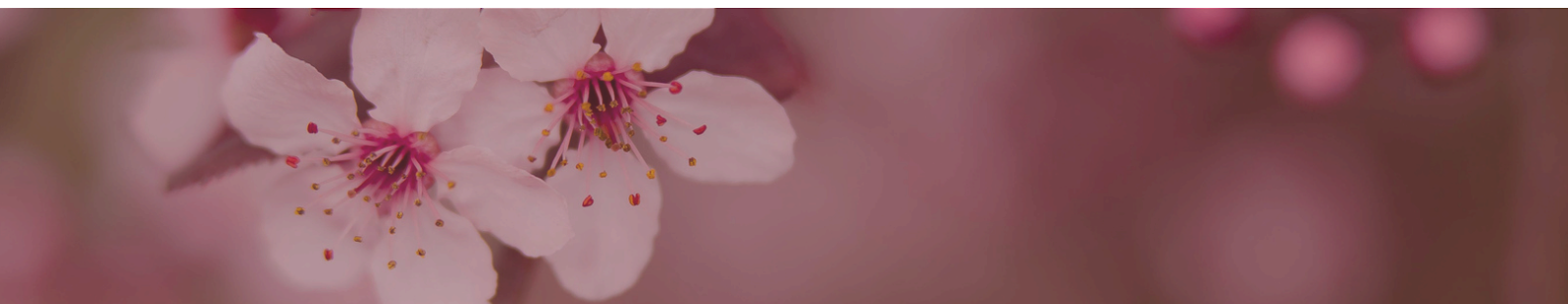
WHICH METHOD DO YOU WANT TO USE TO BREAK THE CYCLE?



Extreme Pain: Enough to push through the change cycle. For many people, unfortunately, it takes an extreme circumstance to push them to evolve, such as major financial loss, job loss, loss of a loved one, the ending of a relationship, a severe accident, or a nervous breakdown. You see, your Higher Self knows what you truly want and will lead you to it. If you resist changing long enough, something will happen in your life that will put you in a position where you have NO CHOICE but to change.



Self-Honesty: You have the humbling experience of realizing that there's a part of you that doesn't really want to change. You are comfortable with your habits, with what you know. You have a lot of fear that holds you back. You have many self-limiting beliefs. You receive some sort of benefit from staying where you are. You are unhappy because you want to be unhappy. You are addicted to the situation. You believe your pain is you; it's your story. You can see your resistance to letting it go. Only after reaching this level of self-honesty can you truly choose to change.



SELF-HONESTY REFLECTION

Can you see how this change cycle has impacted your life?
How?

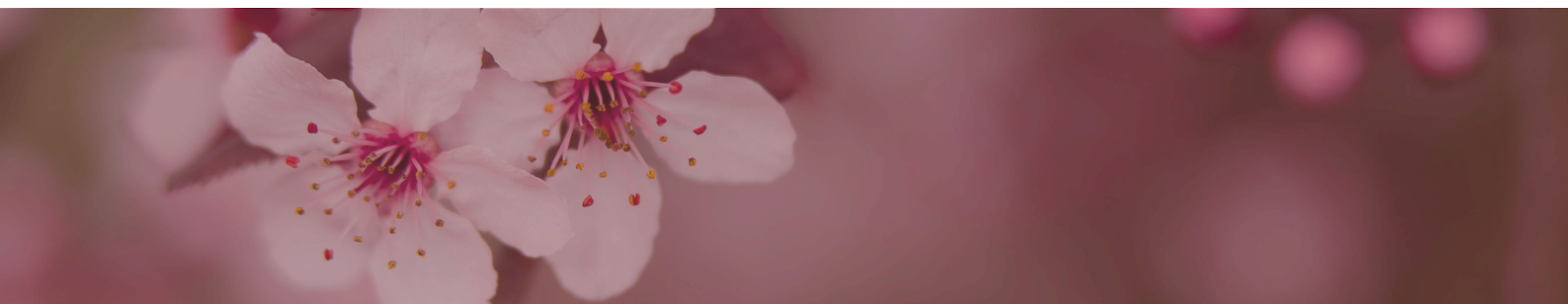
Are you ready for it to stop?

☐ Yes

☐ No

Have you experienced change amnesia before? If so, when?

What will happen if you continue NOT to change?



Are you ready to swallow the pill of self-honesty, even if it is hard, because you are tired of being dissatisfied?

☐ Yes

☐ No

Are you ready to take responsibility for your life and create the life you dream of having?

☐ Yes

☐ No

Are you at the point where you will accept nothing less than what you truly want?

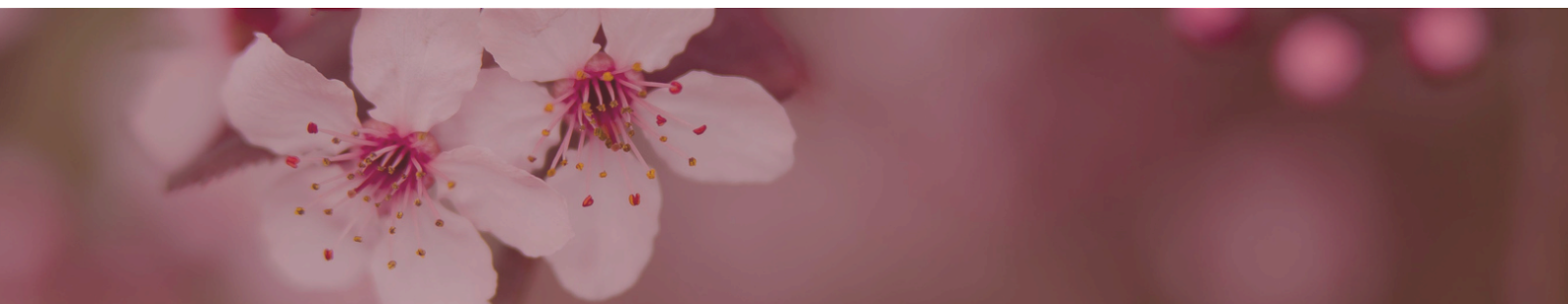
☐ Yes

☐ No

In order to break the cycle, you also need to understand the underlying reasons you've been allowing yourself to avoid change. If any of these apply to you, make a note of how you feel.

You don't want to change.

You don't know what you want. (Try imagining what you would want if time, money, and people did not limit you.)

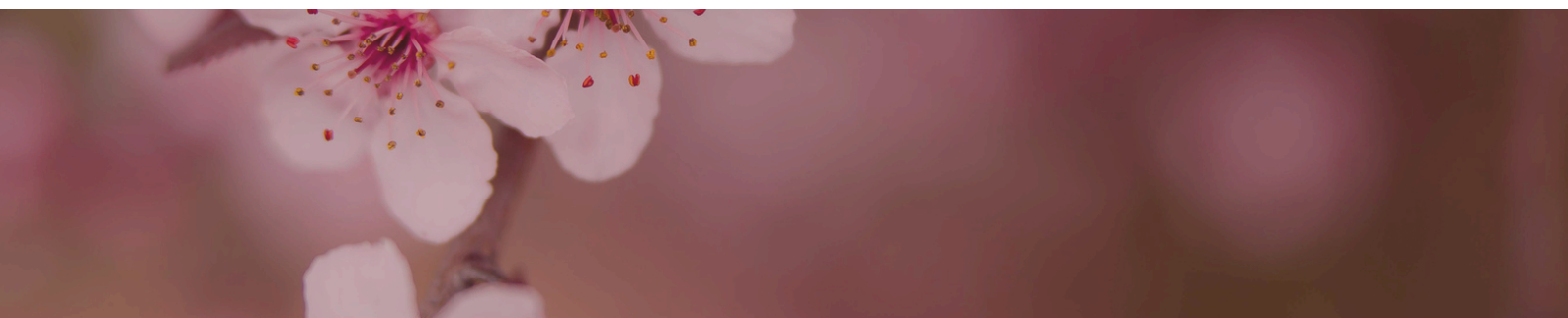


Your dream isn't big enough. (What would you do ANYTHING to attain?)

You're letting your fear be bigger than you. (Are you really willing to settle?)

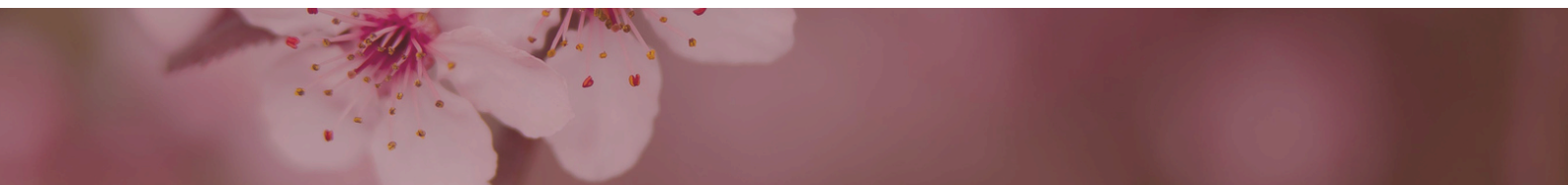
You are attached to your problem. (What would you talk about without it? Who would you be?)

You're benefiting from your problem. (What are you holding onto? How does it benefit you to NOT change?)

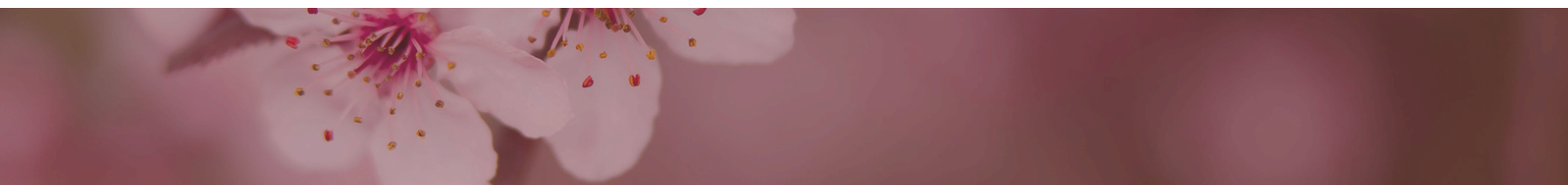


The Change Resume

Life Area	Type	Situation/Change	Positive Outcome
	IDENTIFY AS: (1) Happened "to You" (2) "Bad" Change (3) "Self-Initiated"	Describe the situation or change.	Identify anything good that happened as a result, whether it eventually lead to something positive or if you learned something valuable.
EDUCATION: This could be changing schools, overcoming a fear, improving a grade, making an impact, changing friends, etc. Change: Transferred to a new school, 1980, 3rd grade Positive Outcome Met my best friend			
FAMILY LIFE: This could be changes from any point in your childhood, such as: moving, breaking an arm, joining a club, learning an instrument, parents divorcing, or getting your first job, car, or boy/girlfriend. Change: Joined the t-ball team, 5th grade Positive Outcome: Learned how to get along with other kids			



Life Area	Type	Situation/Change	Positive Outcome
WORK LIFE: This could be anything from getting a new job to getting fired to changing careers to going back to school. . Change: Got fired from Bank of America, 1999 Positive Outcome: Ended up discovering a new career path I loved.			
ADULT LIFE: This could be going to college, breaking up or starting a relationship, getting married, moving, facing a fear, trying something new, learning something new, losing a loved one, divorce, a car accident. Change: Faced my fear of heights by climbing the Statue of Liberty Outcome Enjoyed the view, even though it was terrifying, and realized that I can handle my fear			

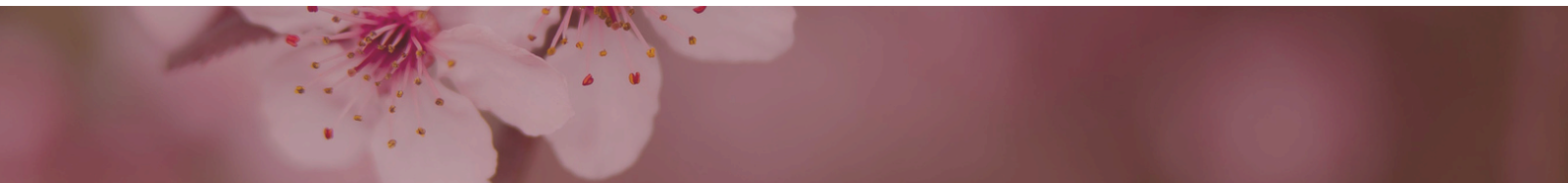


Fear Setting Activity

Unless your fears are very specifically defined, you cannot overcome them.

WHAT IF I _____

DEFINE (Worst Case)	PREVENT	REPAIR
Get detailed about what, exactly, you fear. Ask “so what?”	What could you do (for each) or ask someone to help you do to prevent this from happening (even if it only decreases the likelihood by 1%)?	For each, if it DID happen, what could you do to either repair the damage or get back on track?



DEFEATING SELF DOUBT TOOLS

DEFEATING SELF DOUBT

Self-doubt is the opposite of confidence. Self-doubt is the decision to NOT TRY.

But the good news is that this is only a habit. And, you can understand how to overcome these self-doubt traps by understanding WHY the brain hesitates.

Our brain's #1 goal at all times is to keep us alive. Evolutionary psychology shows us that there are good reasons that our brains hesitate or respond with fear. Unfortunately, the original reasons we evolved this way don't apply today. We're not being hunted by saber-toothed predators anymore, yet we still have brains that are wired to AVOID UNCERTAINTY.

The way your brain protects you from uncertainty is to get you stuck in your head, thinking, in order to prevent you from taking any action that it deems risky (such as risk of failure, discomfort, embarrassment, uncertainty). It starts with an immediate feeling of hesitation or resistance. "Wait. What could go wrong?"

The good news is that you can counteract your brain's instincts by understanding that this resistance and avoidance is simply a habit of thought and action (or, better said, inaction).

The Self-Doubt Habit Loop

When your brain hesitates and gets you to start overthinking, it stops you from taking action when you need to. Then, because you didn't take action, you doubt your ability to take action. And, because you didn't take action, you weren't successful with whatever you wanted to do, and so you develop self-doubt. This, of course, leads to more over-thinking the next time something comes up. It's a circle that spins around and around until you break the cycle.



HOW TO STOP THE CYCLE

1. Understand that emotions are normal.
2. Understand that your brain can be rewired.
3. Understand the 4 traps of self-doubt, including which one you tend to get stuck in the most.
- 4 Take action.



DOUBT 1: HESITATION

Hesitating is triggered by uncertainty.

Looks like: waiting, overthinking, perfectionism. (Characteristic: BUSY)

Behaviors:

- Telling yourself a story of what could go wrong.
- Not putting something out there until its perfect.
- Making a plan but then not acting on it.
- Staying busy with avoidance mechanisms to avoid dealing with something

Solution:

Step 1: *Become aware of what hesitating looks like for you.*

What behaviors do you do when you hesitate?

What do you tend to tell yourself?



What activities do you to do avoid acting?

What do you tend to overthink about?

What are you waiting to be perfect?

Step 2: Start small. Take baby steps.

Instead of thinking of the big picture and all the details of what it will take and what could go wrong, break the situation down into tiny chunks and focus on only the next step.

ACTIVITY: Every morning, write down one thing that matters to you and one thing you can do today to move forward. It can be simple, like having a conversation, researching something, or buying a book.



DOUBT 2: HIDING

Hiding: Triggered by fear of others and overwhelm.

Looks like: Avoiding, procrastinating, shrinking back, staying behind the scenes. (Characteristic: QUIET)

Behaviors

- Focusing on big dreams, leading to overwhelm, an excuse not to act, and feeling paralyzed.
- Not standing up for yourself or asking for what you want.
- Actively protecting yourself and holding yourself back.
- Being able to identify a dream and feel passionate about it but not having an actionable plan.
- Shrinking back from opportunity and playing it small.
- Afraid of being judged, looking like a fool, or disappointing or upsetting others.

Solution:

Step 1: *Identify what you're afraid of and minimize the fear.*

In what areas do you tend to hide and procrastinate?

When you find yourself hiding and procrastinating, what is the fear that causes it?



Why does this thing you're afraid of matter?

Does it ACTUALLY matter?

What could you do about it?

Step 2: *Identify the avoidance mechanisms you use to procrastinate.*

What do you tend to do when you procrastinate (what behavior are you doing instead of what you should be doing)?



Step 3: *Identify what you actually WANT.*

What is the big dream you use to overwhelm yourself and avoid taking action?

Break down your big dream into actionable goals or steps. What do you actually need to accomplish and what are 5 to 10 sub-goals or steps?

Step 4: *Take small steps that move you toward your goals.*

What is one small step you can take every day to make progress? See the activity under the Hesitating Trap.



DOUBT 3: HYPERCRITICAL

Hypercritical: Triggered by fear of being hurt, disappointed, or failing.

Looks like: Arguing against yourself, being self-critical, and complaining (Characteristic: NEGATIVE)

Behaviors:

- Looking for and focusing on flaws.
- Focusing on why you can't do it.
- Fixating on what can go wrong.
- Lawyering things to death.
- Knowing what you need to do but always having excuses why it won't work.
- Believing you can't, it's not possible.

Solution:

Step 1: Identify the excuses you're using to hold yourself back.

What excuses do you tend to use?

Step 2: Identify what you're afraid is going to happen?

What negative outcome do you believe is going to happen?

Step 3: *Eliminate the excuse.*

What can you do to eliminate this obstacle or possibility? (See the Overcoming Fear section.)

Step 4: *Make a DECISION that you're going to commit to giving it your all for a certain period of time, giving yourself a chance to prove yourself wrong.*

Example: A man feels like he cannot start a business because he fears he won't be able to provide for his family's needs. So, his choices are to:

- A)** Eliminate the excuse by getting a job.
- B)** Commit to giving his dream 100% no matter what
- C)** Commit to giving his dream 100% for 2 months and then if it's not providing an income by then, he can get a job and keep working on his business.

Option c is often the best solution for someone who is hyper critical. The key to overcoming being hypercritical is to find a solution instead of just complaining. Remove the excuse and take massive action. (See the Massive Action video for more.)



DOUBT 4: HELPLESSNESS

Helplessness: Triggered by insecurity or low self-worth. Helplessness is a fear of success.

Looks like: Playing the victim, blaming, lack of self-trust, dependency, defeatist attitude (Characteristic: PITY)

Behaviors:

- Belief that “nothing ever goes my way”.
- Blaming others or the outside world for all outcomes in life (an extreme external locus of control)
- Having every excuse in the book.
- You've learned that “poor me” gets you sympathy and attention from others.
- Overly dependent on others.
- Feeling like the world owes you something.
- False sense of incompetence or that you can't handle your problems.
- Lack of self-trust; you don't believe you can do it alone.
- Unwillingness to be vulnerable.
- Won't “do for” yourself—always wanting others to “do for you.”
- Fear of success because, deep down, you fear that if you were to succeed on your own, you would lose the support of others.
- Lack of taking responsibility for your life.
- Acting like you're giving others control of you because you need them, but in reality, you're controlling them with your need.
- If being helpless doesn't get you the caretaking you desire, you'll resort to intimidation or coercion.
- Underlying feelings of anger at being expected to be responsible and self-approving when you're still trying to get the approval and attention you never got as a child.



Solution:

Step 1: Identify in what areas you feel helpless and what beliefs support the feeling.

What areas in your life do you feel helpless in?

For each, what do you believe about yourself or this areas that makes you feel helpless?

Step 2: Identify who you are dependent on.

Who do you portray your helpless self to?

For each, what type of “helper” are they? Fixer, rescuer, advice giver, enabler, caretaker, guru? Which issues do you focus on with each person?

Step 3: *Identify what you are afraid of that leads you to not want to take responsibility.*

What are you afraid of losing (or other negative consequence) if you were to be self-sufficient and accept personal responsibility for yourself?

In what way can you see that the OPPOSITE is true? Meaning, can you see that you would, in fact, gain these things (that you're afraid of losing) if you were to take responsibility for yourself? (For instance, if you're afraid of losing love, can you see that by removing your dependency you will actually receive more love and appreciation from others?)

Step 4: *Show yourself that you are capable of taking responsibility for yourself.*

What evidence can you remember from your past that you CAN do it?



What specific areas do you already know you are capable of taking more responsibility for?

What areas could you take more responsibility for if you took small steps to improve?

What steps can you take next?

Step 5: Look at the reality you're creating for yourself due to helplessness.

Think about these 3 behaviors: Playing the victim, giving away your power and depending on others. If you continue these, what will your life look like a YEAR from now?



5 YEARS?

10 YEARS?

Step 6: Develop self-love.

What do you really enjoy doing that relaxes you and makes you feel happy?

When can you schedule 30 minutes a week for yourself to give yourself the gift of doing this activity?

Where and how will you do this for yourself? Put it on your calendar or set a reminder NOW.

Step 7: Set one small goal.

What is one small task you WANT to do that you normally only do if a) you first get advice from someone else or b) someone else helps you or does it for you?

When is the next time you expect this task to happen again?

What can you do to remind yourself to do it YOURSELF next time?

If appropriate, can you tell the person who usually helps ahead of time about your plan and ask them not to help you?



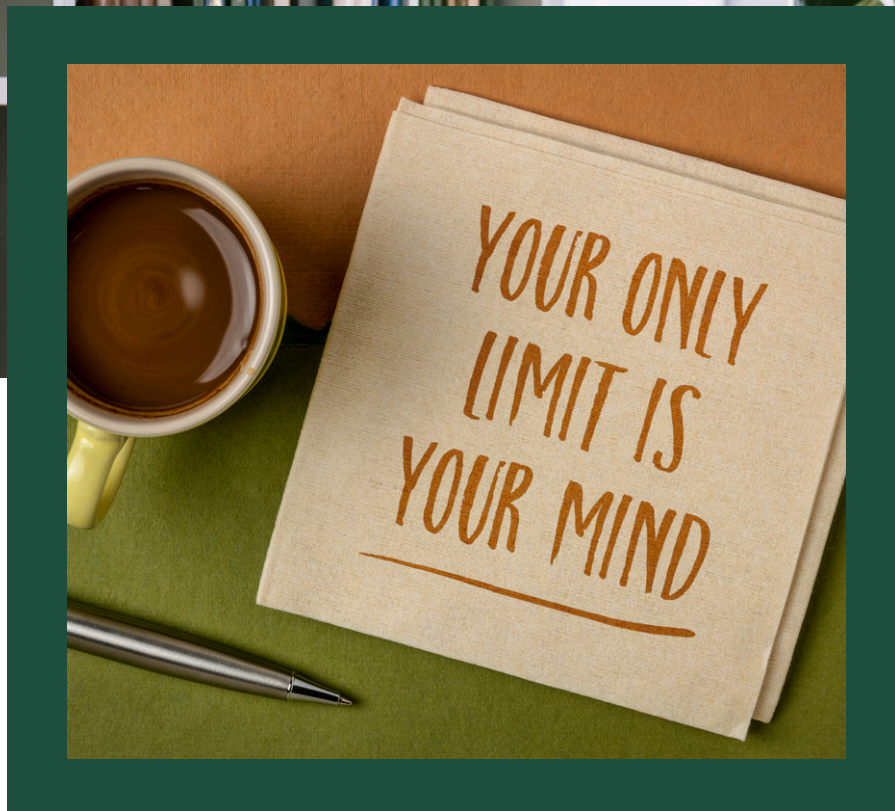
If you find yourself asking someone to either tell you what to do or to do it for you, STOP!!! Make every effort to do it yourself!

Step 8: Celebrate your success

Every time you do ANYTHING for yourself that you normally would not have, celebrate your progress. Smile at yourself in the mirror. Tell yourself you did a good job. Reward yourself by doing something you enjoy. Dance. Do anything that makes you feel good about it.

Remember, YOU CAN FEEL INSECURE AND STILL TAKE ACTION.





ELIMINATING LIMITS

A Limiting Belief is a judgment about yourself that you think is true. And that Limiting Belief restricts you in some way. Limiting Beliefs usually involve "too late," "too hard," or "too old" statements.

We all have limiting beliefs, whether they were created by us, people around us, or society. The most powerful thing that you can do is be able to really look at the BS (belief systems). If you look hard enough, you will find that there is evidence that will contradict that BS. Once you find something that contradicts it, what you will find is that more and more evidence will start to present itself, like a snowball effect. Before you know it, what will happen is that BS will be a thing of the past. Your job is to be able to actively search for things that will make your unconscious mind question itself.



What inner rules or “limiting beliefs” are you living by? Are they serving you?

i.e.) You feel like moving is stressful... so you tell yourself you need to pack early so it won't be so stressful when it comes time. But, you begin getting stressed because you feel you're not getting on it and packing. So, instead of stress later, you're creating stress now. It doesn't work. The inner rule **you created makes it worse.**

i.e.) Have you ever signed up for something and then felt you didn't want to go? But you made yourself go anyway because you felt that you “have to” either because of financial commitment, others' expectations, or just because you feel it's what you're supposed to do? Then going feels like a punishment. Does the belief of “having to” really mean anything? Does it serve you?

Write some inner rules or Limiting Beliefs that you have:

CHOOSING EMPOWERING BELIEFS

As you can already see, there are a lot of outside influences that impact how we feel, what we do, and most of all, what we believe. There are very common limiting belief systems that are passed from generation to generation and person to person, much like a virus—a mind virus. These sneaky viruses usually go undetected because they are so common, or normal, in our society that one rarely even notices that they have been infected. For this reason, they're really easy to spread.

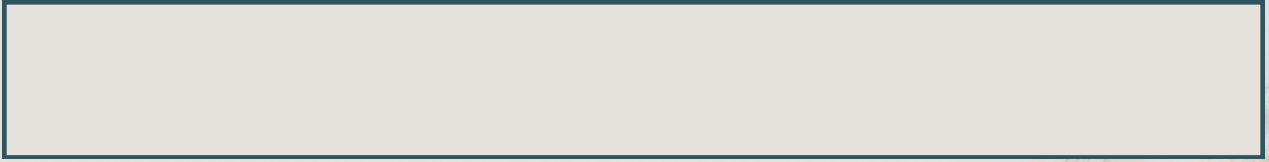
The good news is there is an easy cure—awareness! Once you become aware of one of these limiting beliefs, you can choose to believe something different, immediately killing the virus! Below, first become aware of which mind viruses you have and then question them. When we question a belief, we often find evidence to the contrary, which weakens our acceptance of it. When we weaken a belief, it's like knocking out the legs of a table. It just can't stand anymore!

Common Limiting Beliefs:

- "I don't have enough time."
- "Don't burn your bridges."
- "Life is hard."
- "You have to pay your dues."
- "I don't have the right connections."
- "No pain, no gain."
- "Good things come to those who wait."
- "I'm never gonna have the money I need."



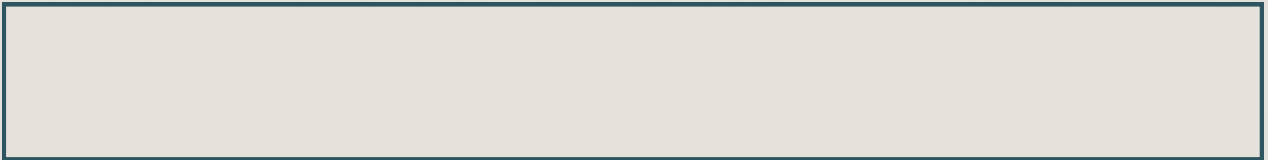
Which of these phrases were you conditioned to believe?



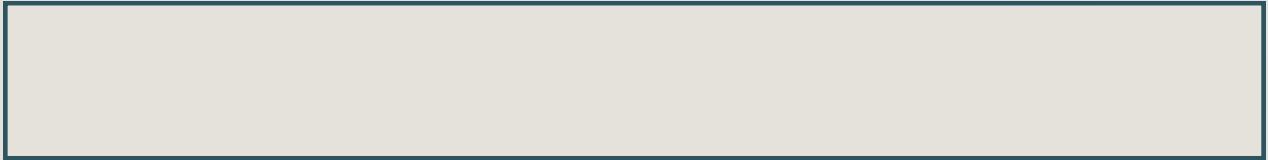
Can you think of others?



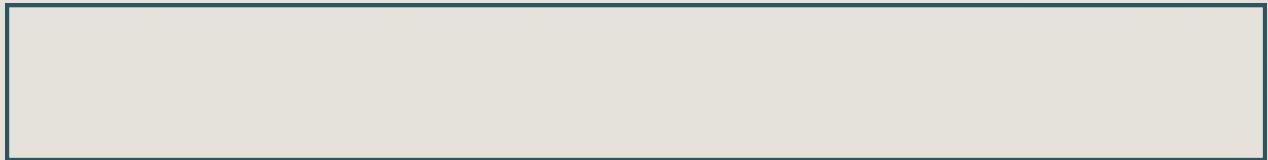
Can you see any fears you developed because of them?



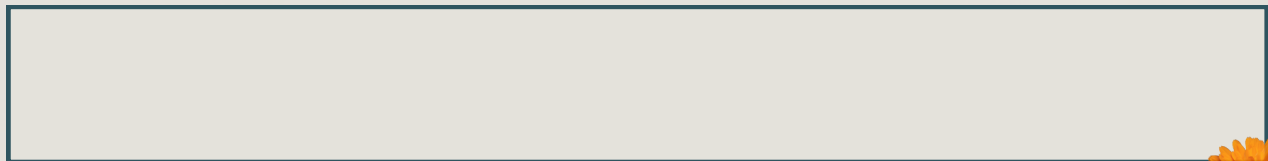
Can you see any way in which they have limited you?



Where did the idea come from? Are you sure it's true?



Who told you this? Are you sure they were right?



Do you have evidence that goes against these limiting beliefs?

Do you have evidence that affirms the empowering belief you WANT to have?

If you can't prove these limiting beliefs true beyond a reasonable doubt, can you discard them?



Conditioning:



CHILDHOOD INFLUENCES

In our society there is a common belief we like to call the “Big Lie”—the idea that our society and childhood upbringing do not influence who we are today at the deepest level. Most people don’t deny those things have an impact, but they think the effect is minimal and resist believing that their actions and beliefs were formed by other people. However, if we take the time to reflect on how much of what we do and think did not originate as our own idea, and let go of things that do not serve us, we are free to embrace beliefs and life choices that genuinely resonate with who we truly are and the life that we want to live. This section is meant to help us reflect on our influences so we are able to peel away layers of inauthentic belief systems (b.s.) and roles that do not serve us. Remember changing these roles may be challenging because even if they hold us back from our true self they provide a sense of comfort. This is important to keep in mind because to break a pattern we have to be able to remember the bigger picture of why we want to change it. By having a strong enough reason to change and being able to imagine a life that is true to our purpose, we start creating a different reality that will grow and blossom with time.



Answer the questions below and take your time. If you need more space, then take out a journal or other materials so you can explore this further. Remember that this is about you, and the deeper you can go reflecting on this area, the better quality of change you will find.

Roles/Conditioning

What roles do you play on the stage of life?

For each role, where did you learn to play the role, or, who told you (or modeled) how to play the role?

How would these roles need to look for you to feel that you're living in alignment with your true self?



Who, if anyone, would be affected by you letting go of (or change) the roles that don't serve you?

What benefit do you get from maintaining these roles the way they are?

What benefits would you get from removing or changing them?

Who would you be if the roles you don't want to play anymore were to disappear?



Influences on Worldview

Write down words that represent all of your caretakers' (any older individual who cared for you or influenced you) beliefs about life (meaning, roles, political, passions, religious beliefs, etc.)

- Circle any beliefs that you have taken on as your own.
- Put a star next to those beliefs you have purposefully NOT adopted.

Take a moment to consider where your caretakers differed from each other on their views of life. Ask yourself if or how you have accommodated both viewpoints or developed your own beliefs somewhere in between.



For each major caretaker, ask yourself what you would say their life "purpose" or mission may have been. What were they passionate about? What did they seem to be trying to accomplish in the world?

Now, ask yourself in what way the missions of your caretakers inspired your current ambitions and values? Did you feel drawn to grab their torch and carry the flame? Or, did you feel the need to snuff theirs out and ignite a new, brighter fire?



EXCUSES: SAY NO TO BUT!

Replace your excuses with commitments!

Just as with the “mind viruses” mentioned previously, we all have common phrases we’ve picked up from our families and cultures that are nothing more than excuses. By becoming aware of them, questioning them, and changing the way we view the underlying fears behind them, we can change the way we think and empower ourselves!

When you catch yourself saying “but...” it’s a signal that you’re about to make an excuse for why you’re not living your life the way you want—on purpose! Catch yourself and rephrase your excuse into a positive affirmation that will help you stay committed.



Which of the following common “buts” has held you back in the past?

_____ But, it's too hard.	_____ But, it's overwhelming.
_____ But, it's too risky.	_____ But, I don't have time.
_____ But, it'll take too long.	_____ Others

For each excuse you commonly use, write a positive affirmation statement.

For example, change “I don't have time” to “I make time for what is important to me.”

1.

2.



3.

4.

5.

6.



POWER: REFLECTION

Can you reflect and identify three key takeaways from the Power Module?

Write them down and implement them into your life for the next 7 days while you await the next module!

1.

2.

3.

