

# The Brendon Show

with

———— BRENDON BURCHARD ————

**Dealing with Self-Doubt**

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## **Dealing with Self-Doubt Training Guide**

Summary.....	3
Sentence Completion.....	4 -7
Notes.....	8 - 9

# SUMMARY

This episode is all about dealing with self-doubt (and how to discover the strength that already lives inside of you).

*Follow along in the training with the notes below, then finish the sentence completion exercise to continue building on your skills dealing with self-doubt.*

## 1) Reframe confidence

High performers believe in their ability to figure things out. Successful people feel self-doubt as well, but they utilize positive self-talk to reframe their thoughts. This practice leads to genuine self-confidence. Reflect on times you overcame problems, and believe in your ability to figure it out.

## 2) Show up with intention

With the world always changing, it is easy to walk through life simply reacting to each thing that comes your way. When you set intention on who you want to be every day, you can direct your mind, your emotions, and your body to be the person you want to be. This action helps you form an intentional character that stays consistent, regardless of the problems you face.

## 3) Get clarity, get a plan, get momentum.

Take time to sit down and create a step-by-step plan to reach success. Ask for help from mentors, or model others that have been successful. Get the map before you enter the woods. Remove doubt about your path, and you'll have more confidence in yourself.

## 4) Learn versus judge

Take time to complete a weekly review and evaluate the work you did over the last week. Ask yourself questions like:

- What situations did you do well in?
- What situations could you have done better in?
- What did you learn about yourself?

Instead of taking that time to criticize your mistakes, consider what you learned from the experience. Get into the game of personal development - avoid negative self-talk and embrace a learning mentality.

## **Sentence Completion Activities**

*On this page, Brendon begins sentences that you are to complete.*

*There are no right answers. Take this as an opportunity to think and write. Sentence completion activities can be powerful, if you actually write about the answers. Simply reading the phrases has little effect. Profound insights and ideas arise when you put pen to paper!*

### **1. When I begin to doubt myself, my positive self-talk will include...**

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### **2. When I express concern about being able to complete a challenging task or project, I will remind myself...**

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### **3. When I wake up every morning and set my intentions, I will tell myself...**

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### **4. I will help myself paint a picture of what my intentions are each day by...**

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### **5. I will reduce doubt and confusion in my plans by taking these steps...**

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### **6. Before I start my next big project, I will ask a mentor these questions...**

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## **Sentence Completion Activities**

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**7. I will complete my self-reflection and weekly review during these days and times each week...**

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**8. When I complete my weekly review, I will ask myself...**

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