

# The Ultimate Confidence Boosting Doubt Crushing Online Bootcamp



BE THE CONFIDENT, JOYFUL,  
VIBRANT, SUCCESSFUL YOU...  
IN 5 DAYS!

**DAY 4**

# Lesson 4

The

# DOUBT KILLERS

Boot Camp

## CURE FOR STINKING THINKING

Fear and Faith, Doubt and Confidence are all opposite sides of the same coin. It's your choice to choose the side you focus on.

What helps you change your output?  
Great input!

In order to change those stinky thoughts that pop up, you have to have something to replace them.

Confident people have fears too. But, when their mind says "You can't", "Your confidence will remind you that "You can".

Today, you will get some tips to change reprogram your mind with some positive input.

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## How do you do this?

Start purposely reading faith building things or teach you how to do the things that you want to do.

Watch and sharing amazing and inspiring stories and quotes.

In order to silence the itty-bitty fear bug in your head, you have to drown it with encouraging and inspiring information, like the quote below.

*Your mind will always believe  
everything you tell it.*

*Feed it faith. Feed it truth.*

*Feed it with love.*

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## WORKOUT

Synthesis is learning something so well that you are able to share it with others. It's time to synthesize!

For the past few days, you have gotten a lot of great information on confidence, and crushing doubt.

**It's your turn.**

1. **CREATE** a saying that will inspire you and someone else to have confidence in themselves. It doesn't have to be long, but it should be encouraging.
2. **SHARE** it on your social media to inspire someone else. Pass the love forward! Use the hashtag #doubtkillers so that we can find it too!

Ex. Nobody can stop me, but me... and I am not stopping! #doubtkillers

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3. **SHOW** me your amazingness too! Tweet me **here**! Facebook it and tag me **here** .

4. **VIDEO** - If you are really daring, record a video on your phone saying your inspiring quote and post it on your social media to inspire someone else.

I'd love it if you said a quick line about your experience this week and then launch into your guru-ness! Make sure to use the hashtag #doubtkillers so we can find it!

Need an example? "*Hey this is Jerry, I am part of doubt killers bootcamp and I want to tell you that you can do it! Believe you can, walk like you can, know you can!*"

**BROWNIE POINTS** - Please post or link your videos [HERE](#) . I am excited to actually see and hear from you!

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Bless the world with your INSPIRATION!!!

Yes, I know it takes confidence to let people know how brilliant you are! This is part of the process.

Get it done. Because I know you can!!!

-Michelle

P.S. Want to share your thoughts? Ask questions and give your **feedback here**.

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## Notes

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