



# DOUBT KILLERS

9 ways to keep you on track to  
accomplish your goals.

by MICHELLE PRICE-JOHNSON

# *Welcome Doubt Slayer*

If you are here, it means that you have decided that this the time to MAKE IT HAPPEN!

Whoohoo! All of us have hopes, goals, dreams and plans that we know we should be accomplishing. So, what stops that great stuff from happening?

Most time it is doubt; the five-letter word that belongs in the four-letter word category.

Did you know that doubt is not necessary? It isn't caution or curiosity (even though we try to tell ourselves it is). It is just a byproduct of fear.

Even worse, people live with doubt as though it is supposed to exist. It is a useless emotion designed to keep you from your destiny.

# *Welcome Doubt Slayer*

Doubt lures you into telling yourself no, before anyone else will. That thinking causes you to lose out on the amazing YES, that is waiting for you.

Well... NO MORE of that! I am your accomplice in slaying doubt, before it murders another one of your dreams!

I have listed 9 (+ a bonus) ways to KILL DOUBT.

Feel free to keep it on your phone for a quick reference, turn into index cards, or post on your mirror... whatever it takes.

**You can do this.**

I am here to help! -MJ



## DOUBTS AREN'T REAL

**1. Quit Being Delusional** - Yes, I said it! Fear is: False Evidence Appearing Real. That's right. Doubts are NOT real.

Doubt only appears real because we take past failures or other people's mistakes and create a la-la land in our minds. They are just as imaginary as the tooth fairy.

These imaginary outcomes appear to be our real future. Think about that monster you imagined under your bed or in your closet when you were a kid. The thought of it tormented you, and kept you under the covers... yet it was never there.

Doubt creates grown up "mind monsters" that are equally not the truth! It's only in your head!

Instead, think on positive things and positive outcomes until you make those things real in your life.



## UPDATE YOUR VIEW

**2. Focus on the Good in Your Life** – The reason that you are thinking about your great goal is because you have had success in your life before or you are hopeful that success could be possible!

Remember your past success and reflect on your past achievements. No matter how long ago, or how small. Remember the day you got an A or some other accomplishment that made you feel validated and appreciated. Those positive things are what you need to reprogram the "doubt loop" in your mind.

Also, seek out other people who have done what you are planning to do. Study what they did right to get wisdom and encouragement. You are intelligent enough to be reading this article, which means that you are brilliant enough to do what other people have done and more.

If they can, you can.... and you will!



## READY...SET...GOALS!

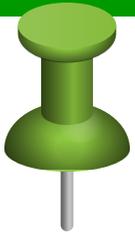
**3. Set Immediate/Doable Goals** - Your ultimate goal may be huge and scary. That's ok. On the way to that goal, set smaller more attainable goals.

Write down your smaller goals and list how they help you accomplish your bigger goal. Give yourself a flexible timeline to finish each task.

Remember to celebrate! Each time you accomplish a smaller goal on the way to your big goal, you gain confidence and momentum. Take a moment to say "I did this, and I can do the next step too". Get power from your victory as you move to the next task.

It's easy to let doubt creep in when you have a long stretch before the finish line.

Set up your mini-wins and enjoy the journey. You can make it!



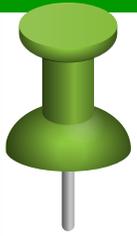
## YOU ARE ALWAYS LISTENING

4. **Have 1-Person Conversations** - Giving yourself a pep talk is mandatory for success. Sometimes just hearing the words is enough to shut down negative self-talk that can go on in your head.

An example. Before you even get started, it is easy to think, "I could never accomplish this, so why try". Tell yourself out loud, "If I don't try then I'll never know, so I am going to try." Repeat as often as needed, until it sinks in.

I often remind myself that even if the odds are 99% against me reaching my goal, the odds are 100% against me if I don't try. Amazing things can happen in that 1%. Go after it.

Remind yourself of what life-changing things could happen for you and your family if you accomplish your goals. Those great things will never get the chance to happen if you don't try.



## AMAZING THINGS CAN HAPPEN WITH 1%

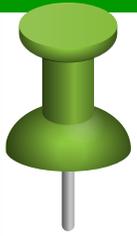
**5. When you feel doubt creeping in - ACT! - Do something to prove your doubt wrong.**

When you begin to step out and go after your goals, you will either accomplish a goal, or not. The thing is, failure can be good too. It will show that you won't die, go broke, explode into a million pieces, or turn into a "Walking Dead" zombie. Just start over, and try again. Once you find out that the "doubt-lie" didn't come true, get more info, and try again. No sweat!

People who are afraid to fail never move forward or grow, personally and professionally.

The more positive actions that you take, the more you'll realize what you are capable of, and the more self-confidence will replace self-doubt.

Your real-life actions challenge your fear-born limitations. You can achieve greatness, get moving!



## WHO SAID THAT?

**6. Analyze Where the Doubt Comes From** - Are the doubt-filled questions fact-based and intuitive or fear-based and paralyzing?

Fact-based questions like, "what will it cost" are not the same as fear based questions like, "how could I ever pay for this".

How do you tell the difference? Ask yourself, if it is "research" (facts that help me make good decisions) or "runaway" (scenarios that are in my mind to scare me away from my dream)?" Then act accordingly. Does the thinking help you accomplish your dreams?

When doubts pop up, remember to ask,  
**"Is it research or runaway"**

Be honest in your answer. Put on your big-pants and move forward. You can do it!



## PEOPLE WHO DON'T TRY, NEVER WIN

**7. Face It!.** Ask yourself, “What’s the worst that could happen if I ...”. Many times we stop ourselves from doing something because of fears that shouldn’t really be scary.

**Example...** “I can’t finish school because I am not smart enough”. OK, so you take a course and get a C. You won’t die, and you actually learned 70% of the material. But, what if you get A.... YAY!

**Example...** “I don’t have enough money to start a business”. So, start your research! Long before you spend a dime on a business project you should have all of the facts. As you get your info on sales, research, competition, etc..., a solution to the money may be uncovered as well.

Facing the facts may be tough, but the facts may not be as ugly as you think. Get moving. You can do this!



## GET MOVING

8. **Don't Talk... Just Do!** Studies have proven that when we tell someone our goal, and they acknowledge it, we are less likely to do the work that is necessary to accomplish the goal. Our brain mistakes the talking... for doing.

Basically, we get gratification because we get acknowledged for “starting to write the book” or “announcing our weight-loss goal” before we actually do the work. That gratification tricks our brain into feeling that the goal has already been accomplished. I have more details on this here <http://www.leadingatlife.com/shhh-quit-telling-people-your-goals> .

The satisfaction we experience when someone validates our goals can remove the motivation to do whatever it takes to make it happen.

Which leads me to the next tip...



## YOU ARE THE BOSS... SO MOVE IT

### **9. Stop Worrying About What Other People Think and Focus on What Smart People**

**Know** - While no man or woman is an island, there are limits to what you should hold yourself responsible for in terms of other people's thinking.

When you spend all of your time and energy trying to manage other people's perception of you, you lose sight of what you could be doing to make your dreams happen.

Instead, study smart people who have blazed trails ahead of you. Join groups and collectives with people who are focusing on their goals just like you are. Like this one. Seek out great mentors whose paths can help you navigate your own.

Leave the pigeons on the ledge and fly with the eagles. You can!



## EVERYONE LOVES EXTRAS

### BONUS

**10. Be Decisive and Flexible** – When it's time to make big decisions, even the most confident person can waiver. But, don't waiver long.

Paralysis analysis is a dream killer. Trust in the research you've done, the choices you've made and the long hours you've spent studying and planning. You can make a great decision, so do it!

If you realize that a better decision can be made, "YOU ARE THE BOSS", make another decision!

Being nimble and flexible, you can see problems and nip them in the bud. Be confident in the informed decisions that you make. Remember, you are smart and focused.

If a problem arises, you can make a new decision even better than the last one!



## YOUR TURN

### What doubts are you crushing?

- List them on the following pages
- 
- Apply the tips
- Cross them out
- Pronounce them DOA

This is YOUR TIME!

I've got your back! -MJ

### Want more support?

**PurposeBlueprintFormula**

Unlock your purpose and prosper by  
doing what you *Love*

**YOUR  
PURPOSE**

"You know that you were  
created to do amazing things.  
It's time to do them!"  
-Michelle Price-Johnson



# DOUBT CRUSHING DIARY

The doubts I am crushing are...



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