

# HEATHER MONAHAN

Mastering  
Your Beliefs, Actions,  
and Knowledge  
to Conquer Any  
Adversity



# OVERCOME YOUR VILLAINS

A PDF COMPANION TO THE AUDIOBOOK

© 2021 Heather Monahan

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or other—except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

Published by HarperCollins Leadership, an imprint of HarperCollins Focus LLC.

Any internet addresses, phone numbers, or company or product information printed in this book are offered as a resource and are not intended in any way to be or to imply an endorsement by HarperCollins Leadership, nor does HarperCollins Leadership vouch for the existence, content, or services of these sites, phone numbers, companies, or products beyond the life of this book.

ISBN 978-1-4002-2558-3 (eBook)

ISBN 978-1-4002-2557-6 (HC)

Library of Congress Control Number: 2021942686

Printed in Italy

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

# Create Confidence in Three Easy Steps

## BELIEFS-ACTIONS-KNOWLEDGE FRAMEWORK



ACTIVITY:  
PRACTICE NEUTRAL THINKING

PRACTICE NEUTRAL THINKING TEMPLATE

PROBLEMS	NEGATIVE THINKING	POSITIVE THINKING	NEUTRAL THINKING

PROBLEMS	NEGATIVE THINKING	POSITIVE THINKING	NEUTRAL THINKING

What are the advantages of using neutral thinking in solving problems?

---

---

---

---

---

Have you ever experienced completing an overwhelming task by thinking that you're capable of doing it? How powerful have your thoughts been in that situation?

---

---

---

---

---

ACTIVITY: CREATE YOUR OPPORTUNITIES

KNOW YOUR MARKET TEMPLATE

MY OPPORTUNITIES	MY MARKET

PRICE POINTS TEMPLATE

HOW I WOULD PRICE MY SERVICES	HOW MUCH OTHER PEOPLE WOULD PAY FOR MY SERVICES

## ACTIVITY: SET YOURSELF UP FOR SUCCESS

What's your Everest? Visualize your aspirations below.

---

---

---

---

How important is it to visualize your goals?

---

---

---

---

What are the things that you're doing or should be doing to reach your Everest? How will you achieve your ambition?

---

---

---

---

What are the things stopping you from taking that leap? How will you respond to the doubts in your mind that hinder you from pursuing your passion?

---

---

---

---



Friedrich Nietzsche, the German philosopher, famously said, “That which does not kill us makes us stronger.” Were there challenges in your life that you had to overcome and pushed you to be wiser and stronger? How did they change your behavior and decisions for the future? Share your story below.

---

---

---

---

It is essential to have a reliable support system to encourage you when life gets tough. Who is your support system? How do they help you continue your trek to your dreams?

---

---

---

---

What is a growth mindset, and why is it important? Can you say that you have a growth mindset?

---

---

---

---

Were there moments in your life when you had to adapt to survive or finish a task? How vital is adaptability in pursuing your dreams?

---

---

---

---

Is competition beneficial? How does it help you elevate your performance?

---

---

---

---

Are there new things you want to try or past experiences you wish to pursue further? What are they?

---

---

---

---

Are you afraid to attempt new adventures? Why are some people afraid of trying new things?

---

---

---

---

It's not easy to pursue our goals; all humans feel fear and doubt about their abilities and situations. But if you do not believe incredible things will happen, you will not work as hard as you can. You have to be the first person to believe in your dreams. Make a promise statement below telling yourself you will achieve great feats in your life. You can do it!

PROMISE STATEMENT

## **CONNECT WITH HEATHER MONAHAN**

I would love to hear your story and answer your questions!

To continue the conversation, join me wherever you are:

Twitter @\_heathermonahan using #BAK

Instagram @heathermonahan using #confidencecreator

Linkedin @theheathermonahan using #overcomeyourvillains

Here's a link to my ten-minute TEDx Talk:

<https://youtu.be/rZtAJxvgGYw>.