OVERCOME YOUR VILLAINS

A PDF COMPANION TO THE AUDIOBOOK

HEATHER MONAHAN
Mastering Your Beliefs, Actions, and Knowledge to Conquer Any Adversity
CHAPTER 2

Create Confidence in Three Easy Steps

Beliefs-Actions-Knowledge Framework
### ACTIVITY:
**PRACTICE NEUTRAL THINKING**

#### PRACTICE NEUTRAL THINKING TEMPLATE

<table>
<thead>
<tr>
<th>PROBLEMS</th>
<th>NEGATIVE THINKING</th>
<th>POSITIVE THINKING</th>
<th>NEUTRAL THINKING</th>
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What are the advantages of using neutral thinking in solving problems?

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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?

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**ACTIVITY: CREATE YOUR OPPORTUNITIES**

**KNOW YOUR MARKET TEMPLATE**

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<th>MY OPPORTUNITIES</th>
<th>MY MARKET</th>
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### PRICE POINTS TEMPLATE

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<th>HOW I WOULD PRICE MY SERVICES</th>
<th>HOW MUCH OTHER PEOPLE WOULD PAY FOR MY SERVICES</th>
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ACTIVITY:
SET YOURSELF UP FOR SUCCESS

What’s your Everest? Visualize your aspirations below.
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How important is it to visualize your goals?
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What are the things that you’re doing or should be doing to reach your Everest? How will you achieve your ambition?
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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?
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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.

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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?

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

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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?

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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 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

WHAT YOU’LL LEARN FROM THE EXERCISE

This exercise allows you to visualize your dreams. Visualization of your goals is crucial as it will help you to stay sharp and motivated. Moreover, if you can’t envision your dreams, then you can’t expect other people to help you achieve them. You have to be in charge of your future. The world doesn’t owe you anything, and no one will offer you a free pass. Your first step is to visualize it for yourself.

We all encounter adversities—even the people you admire. But your heroes turn those difficulties into stepping-stones to reach their goals. Setbacks shouldn’t stop you from doing what you love. No matter how heavy the blows are, you will be able to stand your ground as long as you work hard and believe in yourself.
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.