



*Life*  
with  
*Passion*<sup>TM</sup>

*Overcoming the fear &  
self-doubt that's been  
holding you back*

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THE INCOME REPLACEMENT FORMULA LIVE  
YOUR SNEAKY SELF-SABOTAGES



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# Assignments

- Participate in the group call on Tuesday, October 9th at 12PM
- Complete this PDF by Monday, October 15th

*\*This PDF is for you, so feel free to be completely honest here--you'll only share what you choose with me and the group.*

## In this module, you're going to:

- Recognize the real reason fear and self-doubt have stopped you from moving forward so that you can address it directly
- Smash through your limiting stories so that you can rewrite them
- Learn how to deal with and let go of procrastination and perfectionism once and for all so that your business grows even faster

*This week we're going to the dark side ;)*

One of the things I've seen to be true over and over is that every single high-achiever I've ever met experiences fear and self-doubt, and it holds them back at some level. We're gonna change that for you today.

Another self-sabotaging pair is the special combo of procrastination & perfectionism.

I know how painful being stuck in procrastination and perfectionism is, because I spent YEARS there. I know how it causes you to hide out, to have an ever-growing to-do list where you never actually get the most important money-making tasks done every day. I know what it feels like to beat yourself up about it and wonder what's wrong with you that you can't just MAKE yourself be more productive or MAKE yourself do those things you know you SHOULD be doing.



It's likely that right now the procrastination and perfectionism you're dealing with are actually like a slow, constant drain on your energy and are weighing you down, causing you to feel unproductive and not enough.

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**Does that feel true? Describe specifically how you're feeling about your procrastination & perfectionism.**

Here's what I want you to know: there's actually nothing wrong with you. Procrastination is not a character flaw. And I would argue that perfectionism isn't, either. They're learned habits mostly coming from unresolved emotions, as I share in the article below.

Take a moment now and read [Why Procrastination Is Such a Problem for Highly Capable People.](#)

Now that you know that procrastination comes from unresolved emotion, ask yourself, *what unresolved emotions do I have going on that are causing this habit?*

**Share below.**

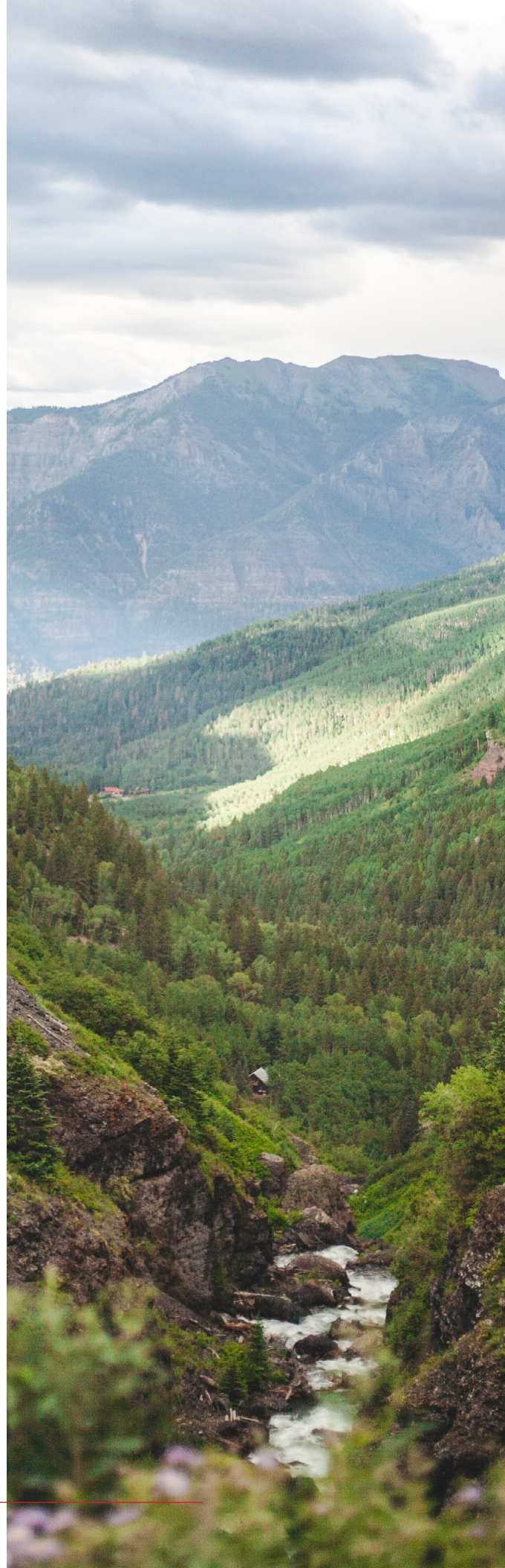


**What specific tasks have you been procrastinating on looking at or doing? List below.**

**What emotions are associated with each of these tasks?**

Where specifically do you tend to act like a perfectionist?

Why do you think that is?



Take the first step  
in faith. You don't  
have to see the  
whole staircase,  
just take the first  
step.

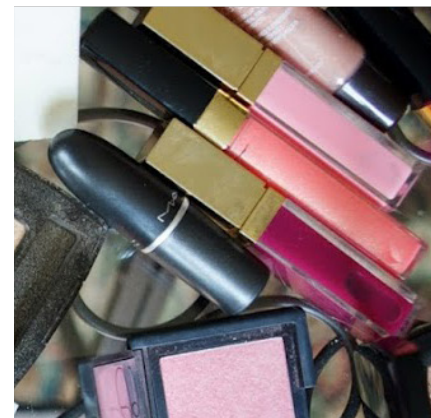
– Dr. Martin  
Luther King, Jr.



A lot of times, if we've been trying to "fix" ourselves out of these habits, we read a lot of articles, we read books on productivity, and we resolve to do better, but because we're not addressing the underlying emotion/cause!

**Describe how you're feeling about your fear and self-doubt.**

**How do they show up for you (what's your personal version of them)?**





**Do you have a fear of failure? Why? When you think about an actual worst-case scenario, what would that be? Seriously, write it down.** Once it's out on paper, and you're literally looking at the worst-case, then it's not a vague fear anymore. And because you're a high-achiever, I know you can overcome whatever you wrote.

Do you have a fear of success? [Click here to read this article](#) to see where it might be showing up for you.

What are your specific fears around success? Ex. I will be too busy for my family, I will become a "not nice" person, People won't like me anymore, I'll become like XYZ person.

**Share below.**

Now that we've gotten these things OUT of your head, and you've cleared the space to replace them with something else,

Specifically inside this course, if you find yourself procrastinating, hiding out in fear & self-doubt, being a perfectionist, or getting and staying stuck in overwhelm this is your opportunity to allow yourself to be supported!

That's why you're here, right? So my invitation to you is to commit, not to MAKING yourself be better, but to showing up and ASKING for the support you know you need--because the breakthroughs you get when you'll do this will be swift and help you make lasting progress!

**So below, write down how you'll show up, (put the calls on your calendar, submit a question ahead of time, come to office hours).**

Now, *congratulate yourself*, because by doing so, you've made a clear plan to continue to overcome your self-sabotages!





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