



Module One

Overcome Your Worst Inner Critic And Own Your Truth

Be comfortable with your own skin
and express authenticity



Introduction

Fear is the bigger killer to our confidence, and most of us have been emotionally and mentally limited by our parents or caregivers in order to survive. We are so fearful of sharing our voices, afraid of doing the wrong things with shame and guilt and afraid of being rejected and worst of all, we are going through these negative cycles for months, years and decades. So in this first module, we will nail down every single fear that is rooted deeply in your mind and body and take them out, examine them, face them, overcome them and breakthrough all the fears to reclaim your confidence.

1.1 Understand your fear cycle and How to break the fear patterns

1.1.1 The definition of Confidence



1.1.2 Good Fear VS Bad Fear



1.1.3 Break the fear cycle and reclaim your power

Example one:

Fear: You are fearful of public speaking.

Action: You try to avoid any chance to speak publicly.

Results: Your public speaking skills never get the opportunity to improve.

Fear: Since you are not good at it, you will not do any public speaking.

The cycle continues

Question:

What is the most effective way to improve your public speaking skills? By doing what? How can you truly improve your public speaking skills?

Example two:

Fear: You are fearful of getting hurt or being disappointed in a relationship.

Action: You try to avoid any chance to open yourself up in a relationship.

Results: You cannot experience a fulfilling relationship.

Fear: Since you don't have a fulfilling relationship, you will not open yourself up.

The cycle continues

Question:

What is the best way to have a fulfilling relationship? By doing what? How can you truly be loved and not get hurt from being in a relationship?

Example three:

Fear: You are fearful about spending money because of it, you will be poor or there will be no money left.

Action: You won't spend any money even on things you need or want.

Results: You are not making more money and getting rich.

Fear: Since you are not making more money, you won't spend any money.

The cycle continues

Question:

What is the best way to live abundantly and attract wealth? By doing what? How can you truly be wealthy and financially free?

1.1.4 Can you write down at least 5 fears that you are experiencing right now and using the same format to overcome your fear or breaking the limiting belief?

1.1.5 Just imagine if we have a magic wand and give you the confidence you desire, what are you planning to do with that confidence?

1.2 Dissolve inner critic and inner-judgement

1.2.1 Fear VS Power with The Wheel of Life, Be Specific - Name the demon before you tame the demon

First things first, let's get specific.

In order to tame the demon, you've got to name the demon.

When do you feel self-doubt and your negative emotions creeping in?

Which area of your life would you like to have more confidence in specifically? Why?

Which area of your life do you feel your skills or abilities are limiting you?

Once you get specific, it won't feel as overwhelming because you'll have something tangible to tackle.

Spiritual:

Intelligent:

**Career/
Business:**

Finance:


Social influence:

**Family
relationships:**

**Beauty and
physical strength:**

**Which area of your life do you have more confidence in?
Why?**

**1.2.2 Write down exactly who you compare yourself to,
which traits or actions do you perceive that he/she is
better than you?**



1.2.3 Write down also who looks up to you for all those above traits and actions that you admire in others.


1.2.4 Write down in general whom do you look up to and who also looks up to you for certain traits and actions?

1.2.5 Explain how this label can be subjective but not a fact. What exact label do you put on yourself as your inner critic, which areas of your life that you are showing the opposite traits and action.

1.3 Overcome the fear of shame and guilt

1.3.1 Understand how super-ego can lead to a feeling of shame and guilt

1.3.2 Write down 3 things specifically that you feel shame or guilt, for what you have done to YOURSELF (You do not need to share this with anyone for this exercise).



1.3.3 Write down the top three benefits of the things that you feel shame or guilt for. And what could be the drawbacks to you if you did not do it.

1.3.4 Write down 3 things specifically that you feel shame or guilt for what you have done to OTHER PEOPLE (You do not need to share this with anyone for this exercise).


1.3.5 Write down the top three benefits for others of the things that you feel shame or guilt for. And what could be the drawbacks to others if you did not do it.

1.4 Overcome the fear of sharing your voice/message

1.4.1 Write down the previous five moments that the person who you looked up to and saw that they shared their voice/opinions, what were the positive consequences resulting from doing it to themselves and the viewers and listeners?

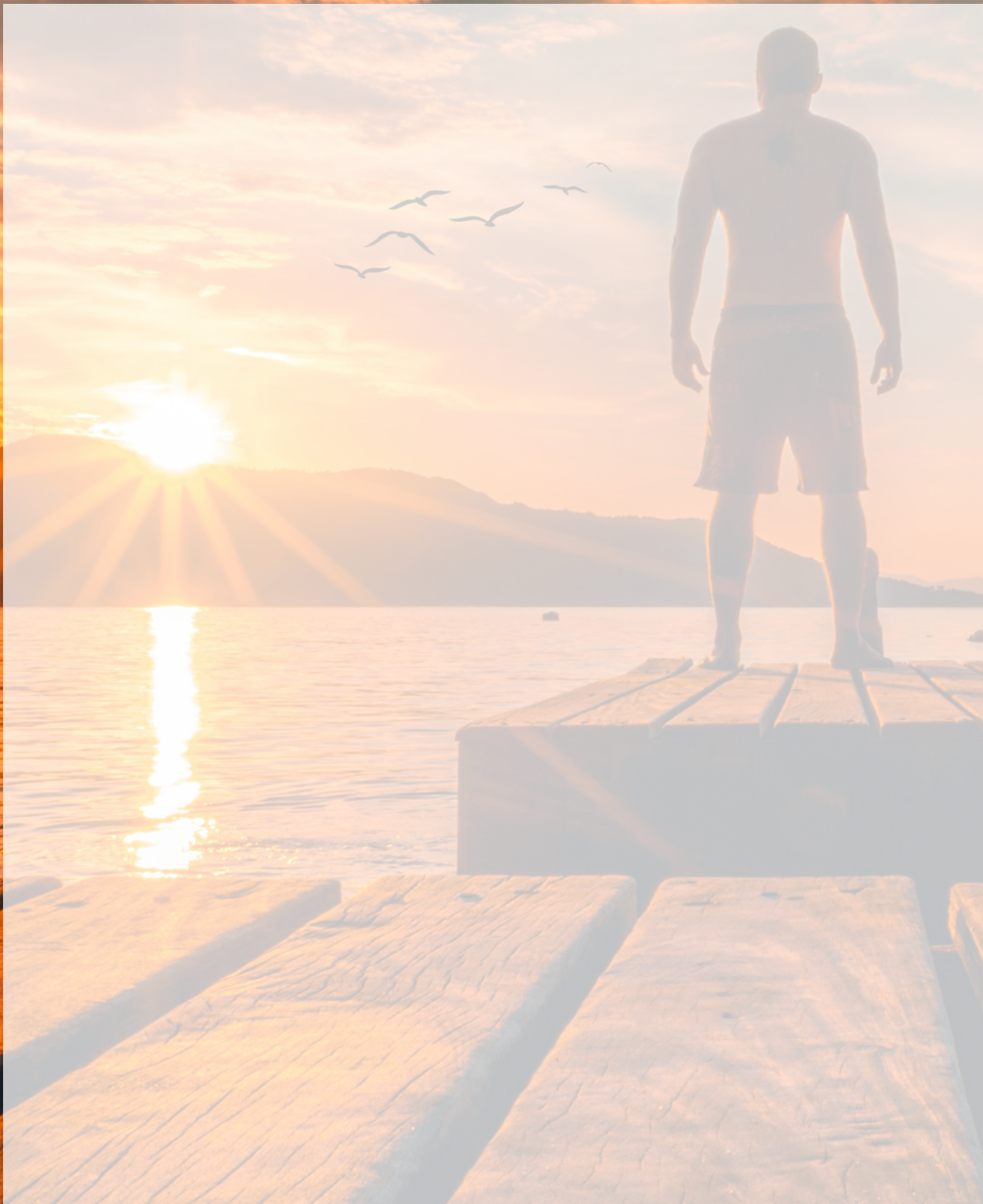
1.4.2 Write down the previous five moments that you were open to sharing your voice with others and what were the positive results from those five moments for you, the observers and listeners?

1.4.3 Find 5 best friends who know you well and share your opinion about certain subjects that you are confident with. What could the subjects be and what are results from doing so?



1.4.4. Find 5 people that you are comfortable with and share your opinion about certain subjects that you are confident with. What could the subjects be and what are results from doing so?

1.4.5 Who are you afraid to share your opinion or your voice with? Why? Write down exactly what you are afraid of? And why is this important to you?



1.5 Overcome the fear of rejection

1.5.1 Write at least 5-10 instances where you have rejected others in the past. What were the benefits for you and the person who has been rejected?

1.5.2 Write down 5-10 rejections that you have received from others in the past and what were the benefits from those rejections?

1.5.3 Ask your close friends or persons that you are comfortable with, to practice the worst rejection you could ever RECEIVE and observe your own emotional reaction. Document how you feel and what was the shift within you while hearing those rejections from the above social experiment.

1.5.4 Ask your close friends or persons that you are comfortable with, to practice the worst rejection you could ever GIVE and observe your own emotional reaction. Document how you feel and what was the shift within you while rejecting from the above social experiment.

1.5.5 What is your take on the sentence that every single rejection is a divine protection?