

C R E A T I V E L I V E

HOW TO BREAK THE HABIT OF SELF-DOUBT AND BUILD REAL CONFIDENCE

with MEL ROBBINS



Published by The Great Courses

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Mel Robbins is the most booked female speaker in the world, a serial entrepreneur, and a best-selling author. She's also a CNN legal analyst and opinion columnist, a Dr. Oz Healthline Expert, a SUCCESS Magazine Contributing Editor, and one of the most popular TEDx speakers of all time.



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BREAK THE
HABIT OF SELF-DOUBT
AND BUILD
REAL CONFIDENCE

TOPICS

- **Imposter Syndrome**
- **Myths and Truths: Science of Confidence**
- **The 4 Traps of Self-Doubt**
- **The Simple Secret To Changing Habits**
- **2 Strategies To End Worry and Curb Anxiety**
- **5 Simple Habits That Build Confidence**

My Commitment To You

- Know what to do to improve your life.
- Know HOW to start doing it.
- Empowered with Tools
- Increase Your Confidence
- Spot and Free Yourself From The 4 Traps of Self Doubt
- Golden Rule of Habits
- Master #5SecondRule
- Worry Less and Control Anxiety
- More Productive
- New “5 Second” Habits for Greater Self-Control, Productivity & Happiness



The Unique Challenge Of Being a Creator

You can't choose how you **feel**.

You can always choose what
you **think** and **do**.

Feelings are **natural**.

Your behavior and thoughts
are a **choice**.



Imposter Syndrome

IMPOSTER SYNDROME:

1. Convinced that you're faking your way through your accomplishments
2. Feeling like you don't deserve success

IMPOSTER SYNDROME IS...

- Normal
- A good thing
- Sends wisdom
- A result of growth
- Disappears with action
- If you don't feel Imposter syndrome, you're not pushing yourself...

Q:

*If you had more confidence,
how would your business and life
change for the better?*

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how would your business and life
change for the better?*



Myths & Truths: Confidence

THE 3 MYTHS OF CONFIDENCE

MYTH #1:

Confidence is a personality trait.

MYTH #2: Confidence is fixed.

MYTH #3:

Confidence is omnipresent.

THE TRUTH

- Confidence is a skill, not a trait
- Confidence is active
- Confidence is situational



HOW DO YOU BUILD IT?

Let's turn to the research.



CONFIDENCE

The decision to try.



The 5 Second Rule

THE MOMENT YOU
BEGIN TO HESITATE,
COUNT 5-4-3-2-1
AND MOVE FORWARD
BEFORE YOUR MIND STOPS YOU

Feelings are **natural**.

Your behavior and thoughts
are a **choice**.

In 5 seconds you can
change **anything**.

That changes ... **everything**.

CONFIDENCE

The decision to try.

SELF-DOUBT

The decision not to.



UNDERSTANDING SELF-DOUBT

SELF-DOUBT IS A
LEARNED BEHAVIOR
THAT BECOMES
A HABIT



FEAR OF REJECTION

OVER THINK

DOUBT YOURSELF

The Good News:

All habits can be changed.

Q:

How does self-doubt affect your life and work?

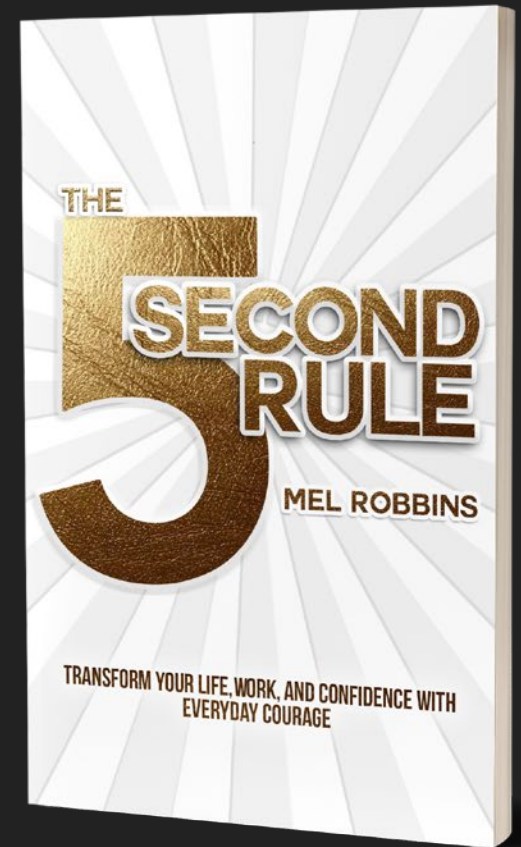
Q:

How does self-doubt affect your life and work?



**Self-doubt has plagued
creatives forever.**

THE MOMENT YOU
BEGIN TO HESITATE,
COUNT 5-4-3-2-1
AND MOVE
BEFORE YOUR MIND STOPS YOU





FEAR OF REJECTION

5-4-3-2-1-GO

BUILD CONFIDENCE





THE 4 TRAPS OF SELF-DOUBT

Confidence: The willingness to try.

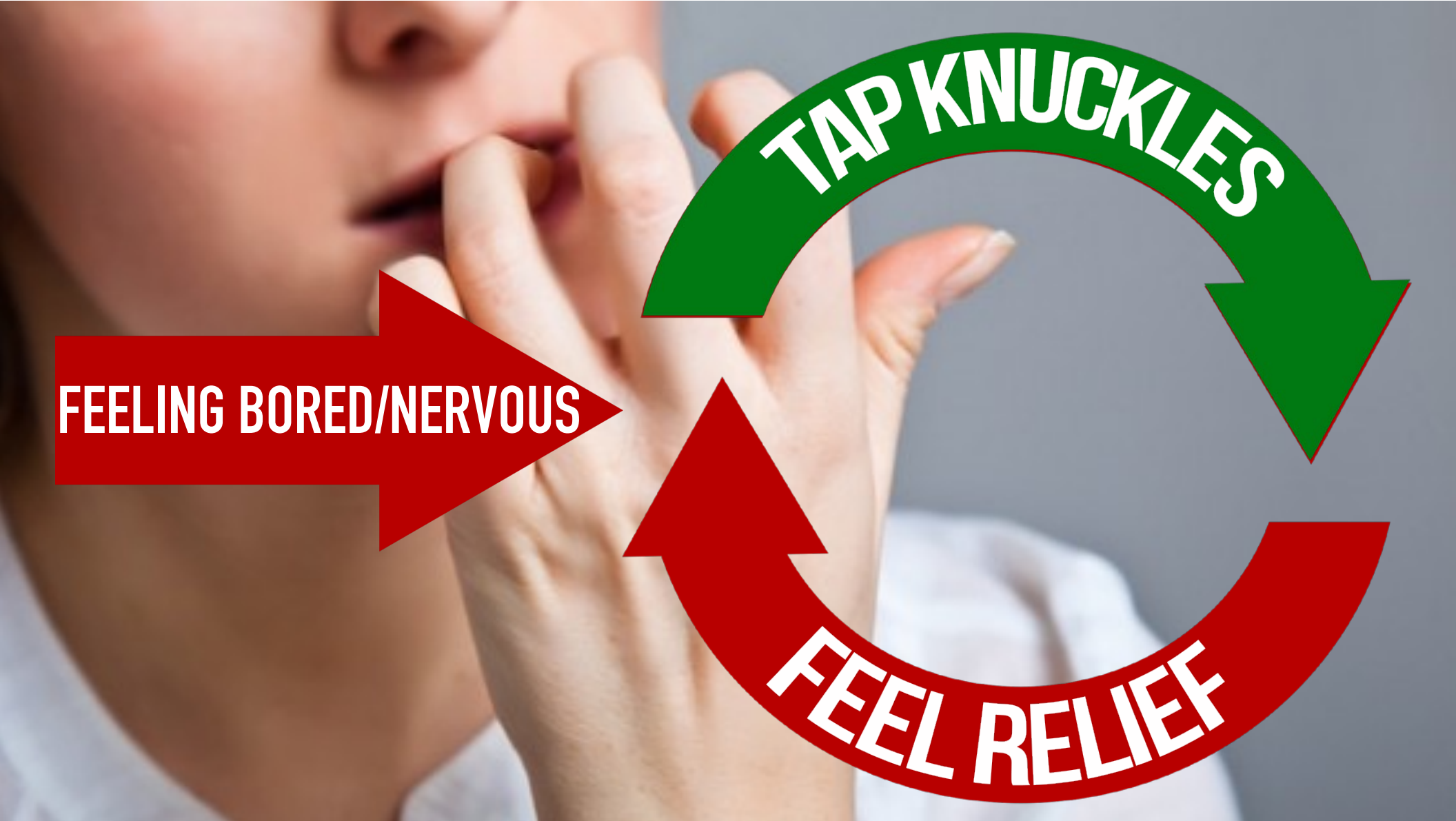
Self-Doubt: The decision not to.

IT'S HARDER TO CHANGE MINDSET THAN BEHAVIOR

If you can change behavior, belief will follow.

If I can get you to change
your **behavior**, you will
see physical **evidence**
that justifies a different
mindset.

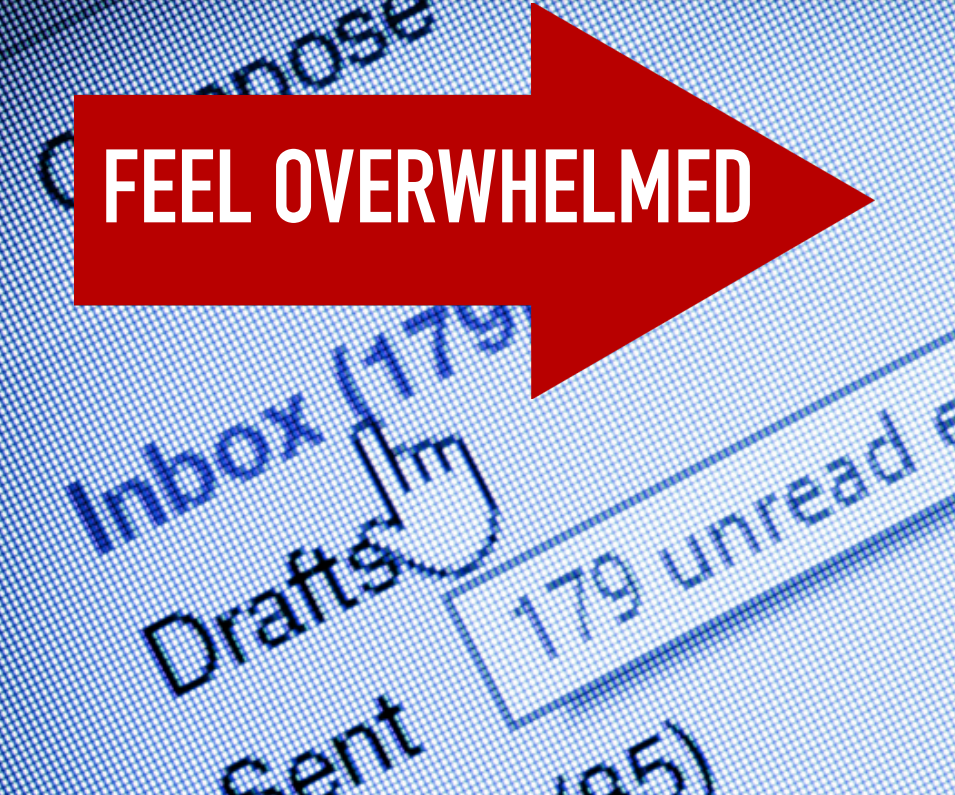
I want to show you how
this works.



FEELING BORED/NERVOUS

TAP KNUCKLES

FEEL RELIEF





NERVOUS

5-4-3-2-1-GO

BUILD CONFIDENCE

me beyond my expectations
empowered me to wh
Facing some of my challenges such as
making business or sending an email
nervous a sense of rejection
wasn't going to be rejected I was
still nervous...now bold I don't over
think I just do it. I've days but the days
I've now is different with certain
even if it's a slow day, of kisses
best wishes you've changed

NERVOUS

5-4-3-2-1-GO

BUILD CONFIDENCE

THE 4 TRAPS OF SELF-DOUBT:

Hesitating, Hiding, Hypercritical,
Helplessness

“

*If you have a problem
that can be solved with action,
you don't have a problem.*



TRAP 1: HESTITATING

HESITATING

- Triggered by uncertainty
- Waiting
- Overthinking
- Wanting your work to be perfect

Q:

*No which ways do you find yourself
hesitating?*

- **Waiting** → Do it now.
- **Overthinking** → Make someone else choose.
- **Wanting your work to be perfect** → Good is gold



TRAP 2: HIDING

HIDING

- Triggered by fear
- Avoiding people/calls
- Being silent
- Being a chicken about money and terms
- Procrastinating
- Not talking to new prospects



FEEL NERVOUS

5..4..3..2..1..

GO!

Confidence and Control

Q:

How are you hiding?

- **Avoiding people or phone calls** → Raise your voice
- **Being silent** → Have the conversation
- **Being a chicken about money and terms** → Ask for what you want
- **Procrastinating** → starting ritual, work for 5 minutes.



TRAP #3: HYPERCRITICAL

HYPERCRITICAL

- Triggered by past failures
- You argue against yourself
- You focus on the reasons why you can't
- You fixate on what could go wrong
- Your stress has an edge

“I feel I've been too afraid of failure to do anything with my abilities properly, and have been holding myself back at the first obstacle or the first thought of "oh well if they've already done 'that' what use is my contribution to the world?”

- Break Down Big Steps.
- Take Small Moves Forward.
- Record Your Progress.

Q:

How do find yourself falling into this trap?



TRAP #4: HELPLESSNESS

HELPLESSNESS

- Triggered by insecurity and low self worth
- You actively play the victim
- You know the solution
- You may say that “nothing ever goes my way.”
- You’ve got all the excuses in the book

Q:

How do you act helpless?

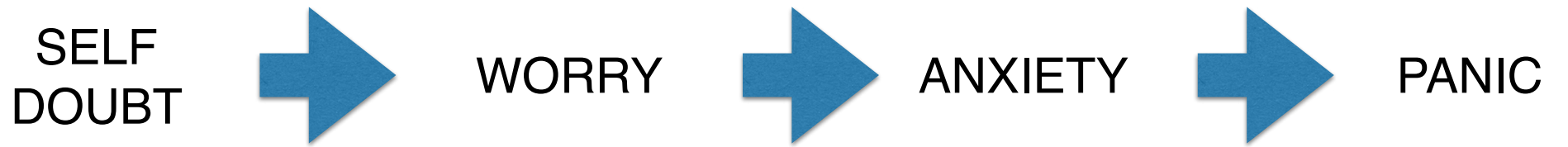
Feelings are **natural**.

Your behavior and thoughts
are a **choice**.



**THE CONNECTION
BETWEEN DOUBT, WORRY,
AND ANXIETY**

Anxiety and worry are
physical manifestations of
self-doubt.



PHYSICAL SYMPTOMS OF ANXIETY

- State of physical arousal
- Heart beats faster
- Cortisol (stress hormone) surges
- Your body is prepping for action

TYPICAL RESPONSE TO SOMEONE WHO IS ANXIOUS:

“Just calm down!”

You already know this
doesn't work. *Here's the
reason why...*

FEAR:

High arousal state

CALMNESS:

Incredibly low arousal state

ANXIETY AND WORRY:

High arousal state. Charged up with negative feelings.

PHYSIOLOGICALLY,
ANXIETY AND EXCITEMENT
ARE THE SAME

PHYSICAL SYMPTOMS OF EXCITEMENT

- State of physical arousal
- Heart beats faster
- Cortisol (stress hormone) surges
- Your body is prepping for action

INSTEAD OF TRYING TO CALM DOWN...

Transform those charged up
negative feelings into charged
up positive feelings.

ANXIETY:

FOCUSED ON
WHAT COULD GO
WRONG

EXCITEMENT:

FOCUSED ON
ANYTHING THAT
MAKES YOU HAPPY
OR **EXCITED**

So, how do you actually
use this?

Strategic Tool:

Reframe your anxiety as
excitement

This doesn't lower the surge of stress hormones coursing through your body, but it does give your mind an ***explanation*** that really ***empowers*** you.

THE KEY:

Anchor Thoughts

ANCHOR THOUGHTS:

Something that you're really excited to do in the very near future.

Here's how to combine
these methods for your
ultimate anxiety-beating
strategy:

WHEN YOU FEEL YOUR BODY GEAR UP IN FEAR....

- Catch it
- Take control: 5-4-3-2-1 shifts mental gears
- Picture your anchor thought in your mind and focus on it.
- Tell yourself why you are feeling “so excited” about your anchor thought

Q:

How is doubt, worry or anxiety affecting you?

WHEN YOU FEEL YOUR BODY GEAR UP IN FEAR....

- Catch it
- Take control: 5-4-3-2-1
- Think about your anchor thought
- Tell yourself why you are feeling excited about your anchor thought

WE'VE BEEN TALKING ABOUT SELF-DOUBT AND ANXIETY

Now it's time to dive back into confidence.

Q:

Pick one area of your life or your business you want to change for the better.



There are no class materials for lesson 15.




THE 5 HABITS OF CONFIDENCE

#1

NO PHONE IN BEDROOM




A man with a beard, wearing a dark hoodie, is lying down in a dark room. He is holding a smartphone in his right hand and looking at the screen. The lighting is dim, with a blueish tint, suggesting a night scene. The background is dark and out of focus.

**33% CHECK
EMAIL IN
THE MIDDLE
OF THE
NIGHT**

#2

NO SNOOZE



A black alarm clock sits on a white bedside table. A hand holding a hammer is positioned over the clock. The scene is overlaid with a large white countdown '5-4-3-2-1...' and a green 'GO' text.

5-4-3-2-1...GO

#3

30 BEFORE 7:30

HOW TO HAVE THE BEST DAY EVER

- 1 Record the time and place, and years from now you'll remember this moment.
- 2 Assess your energy level to get present.
- 3 Describe your energy level to gain clarity.
- 4 Commit to something that energizes you to power up and unlock the passion inside of you.
- 5 Before your day gets hijacked, put yourself first by describing your top project for the day.
- 6 Give your commitment to action a boost by describing why this project matters to you.
- 7 Harvard researchers say one small move forward taps the "Progress Principle" to boost happiness.

🕒 TIME 7:15am 📍 PLACE *Clever Monk Coffee Shop* 📅 DATE 10/6

TODAY I FEEL
(MON BE HONEST)

I FEEL THIS WAY BECAUSE ...

- I wake up feeling tired
- I've got a lot going on at work
- Didn't exercise yesterday

TO FEEL MORE ENERGIZED I CAN ...
(WHAT PEOPLE OR ACTIVITIES GIVE YOU A BOOST?)

▶ I can have lunch with Sarah and sign up for a 6pm spin class after work. I can also tidy up the kitchen before I leave for the day.

TODAY, THE PROJECT I'M WORKING ON IS ...

Publishing my first novel inspired by my grandmother's remarkable life that I've been wanting to write for years.

THIS PROJECT MATTERS TO ME BECAUSE ...

- I'll feel so proud of myself for actually doing it.
- I hate my job and I've always dreamt of being a writer.
- Working on it will help me stop thinking and get started.

ONE SMALL ACTION I CAN TAKE TO MOVE FORWARD IS ...

Google 'self-publishing advice' and watch two video tutorials on the topic. Take notes.

RIGHT NOW, I'M GRATEFUL FOR ...

My dog, Molly, she's sitting here at my feet right now.

BRAIN DUMP
(WHAT'S ON YOUR MIND?)

PLAN SARAH'S BIRTHDAY!! 🎁

- Send invite
- Order cake

GROCERIES 🛒

- Avocado
- Bananas
- Olive Oil

TO DO:

- Pay credit card
- Change Netflix password
- Gym membership

PLAN MY DAY
(SCHEDULE THE IMPORTANT STUFF)

6 AM

7 5 Second Daily Journal exercises

8 commute—call mom

9 plan work day

10 make sales calls

11

12 PM lunch with sarah

1

2 finish ppt

3 research publishing.

4

5 stop working—(5:30pm)

6 spin class

7

8 Time to hang! 😊

THE CONFIDENCE CORNER
(PUSH YOURSELF TO DO THE RESEARCH-BACKED EXERCISE AND WATCH YOUR CONFIDENCE SCORE)

DID YOU TAKE THE COLD SHOWER? YES NO (CIRCLE ONE)

IF "YES," DESCRIBE WHAT YOU LEARNED. IF "NO," WHY NOT?

The cold shower was actually exhilarating — it made me feel wide awake and ready to attack the day.

TODAY'S CHALLENGE
DO 20 MINS OF JOURNALING.

WHEN I'M GOING TO DO IT: 7:30am, right after I finish planning my day.

THE BIGGEST OBSTACLE IN MY WAY: I may feel rushed, I'll journal anyway.

- 8 Give your work a deadline, then plan backwards to increase productivity and guarantee life balance.
- 9 To tap the power of gratitude, savor one thing about this moment.
- 15 If you can identify the obstacle, you can remove it.

- 10 Free your mind of to-do lists and worries so you can focus.
- 11 Schedule the important stuff in to make it happen.
- 12 A new challenge each morning will help you build confidence every day.
- 13 Coach yourself! Did you complete yesterday's challenge? If so, what'd you learn?
- 14 Step outside your comfort zone. A little bit goes a long way.

#4

ONE SMALL MOVE FORWARD

power up and unlock the passion inside of you.

5 Before your day gets hijacked, put yourself first by describing your top project for the day.

6 Give your commitment to action a boost by describing why this project matters to you.

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▶ TODAY, THE PROJECT I'M WORKING ON IS ...

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- Working on it will help me stop thinking and get started.

▶ ONE SMALL ACTION I CAN TAKE TO MOVE FORWARD IS ...

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TODAY, I WILL STOP WORKING AT ...
5:30 AM (PM)

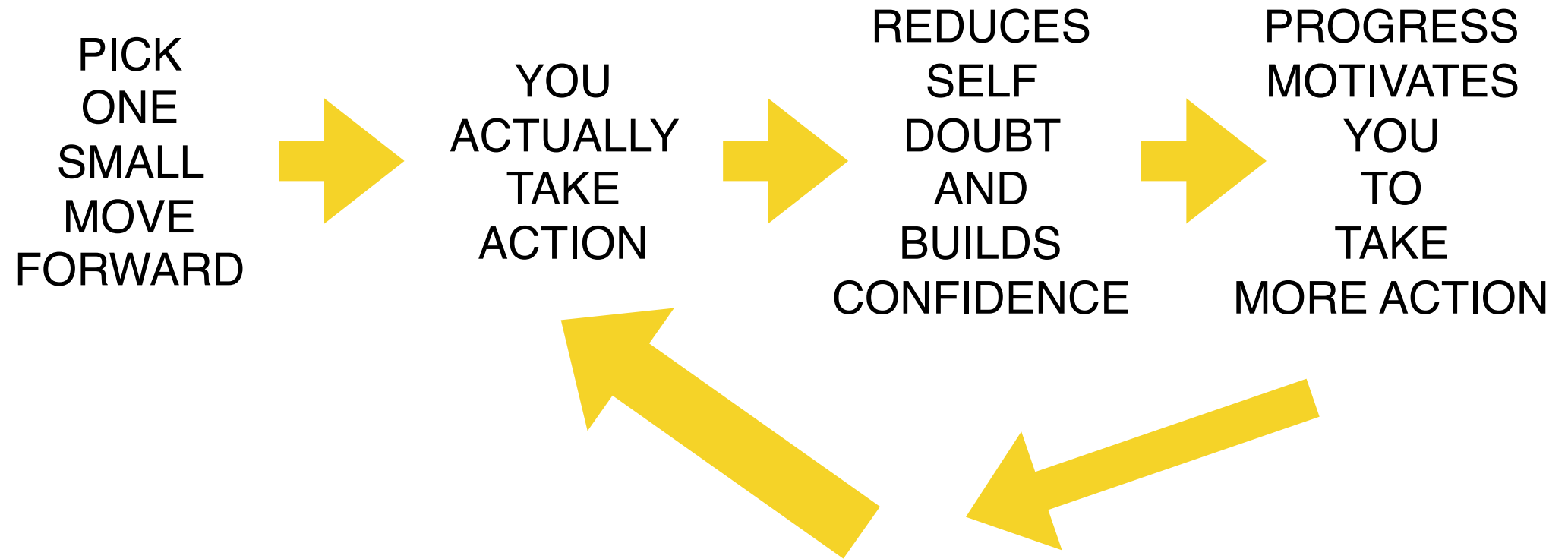
8 Give your work a deadline, then plan backwards to increase productivity and guarantee life balance.

RIGHT NOW, I'M GRATEFUL FOR ...
My dog, Molly, she's sitting here at my feet right now.

9 To tap the power of gratitude, savor one thing about this moment.

BENEFITS OF ONE ACTION AT A TIME

- Activates the progress principle
- Increase rates of completion from 43% to 76%



#5

QUIT WORKING

power up and unlock the passion inside of you.

5

Before your day gets hijacked, put yourself first by describing your top project for the day.

TODAY, THE PROJECT I'M WORKING ON IS ...

Publishing my first novel inspired by my grandmother's remarkable life that I've been wanting to write for years.

6

Give your commitment to action a boost by describing why this project matters to you.

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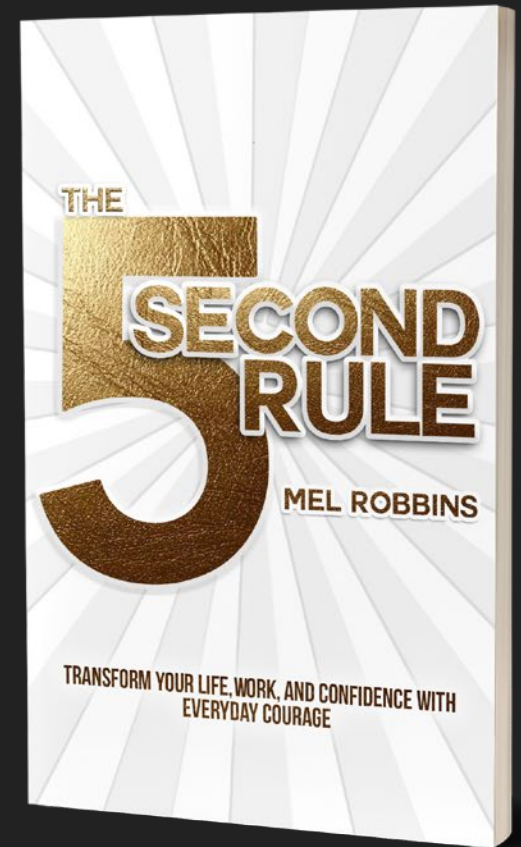
5 Habits

- No phone in bedroom
- No snooze
- 30 before 7:30
- One thing that matters
- Set quit time

“

*If you have a problem
that can be solved with action,
you don't have a problem.*

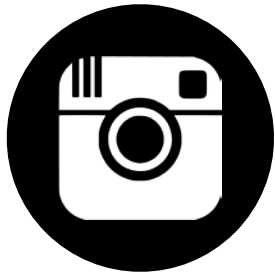
THE MOMENT YOU
BEGIN TO HESITATE,
COUNT 5-4-3-2-1
AND MOVE
BEFORE YOUR MIND STOPS YOU



CONFIDENCE

The decision to try.

LET'S STAY CONNECTED!



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C	R	E	A
T	I	V	E
L	I	V	E