

Action-Taker Guide

1) Identify a time in your life where you talked yourself out of doing something by thinking: “I’m not the kind of person who can do that.”

2) Imagine a reality in which, at the period in your life you identified in the first question, you actually achieved your goal instead of talking yourself out of it.

Now, imagine that this world is equally real to the one you currently live in.

Repeat this process as many times as you wish. How does this make you feel?