



CHAPTER ONE



**You'll never feel
like it**



Chapter Summary

In this chapter, Mel Robbins explores the power of emotions in decision-making. Using the example of Christine, who hesitates to share a great idea in a meeting, Robbins illustrates how feelings like self-doubt can hinder action. She emphasizes the need to recognize that feelings often mislead our decisions and that we have the power to act against them. The #5SecondRule is introduced as a practical method to interrupt hesitation and motivate action. Ultimately, the chapter highlights that confidence is built through the small acts of courage we take, even when we don't feel like it.



Introduction to Emotional Barriers

We often let our feelings dictate our actions, especially in critical moments. Emotions can create self-doubt and hesitation, making it challenging to pursue our goals. The case of Christine illustrates this real struggle many face in their careers.



"You make decisions not with logic, but with how you feel in the moment."

The Challenge of Speaking Up

Christine hesitates to share a brilliant idea in a meeting, caught in the grips of self-doubt. Her fear of looking foolish clouds her judgment, silencing her when she has valuable insights to share.

"Every time you feel unsure, remember that you are capable of stepping forward."

Feelings vs. Actions

It's crucial to understand that our feelings often misalign with our long-term goals. The conscious choice must be made to act, despite the discomfort that feelings may evoke in the moment.

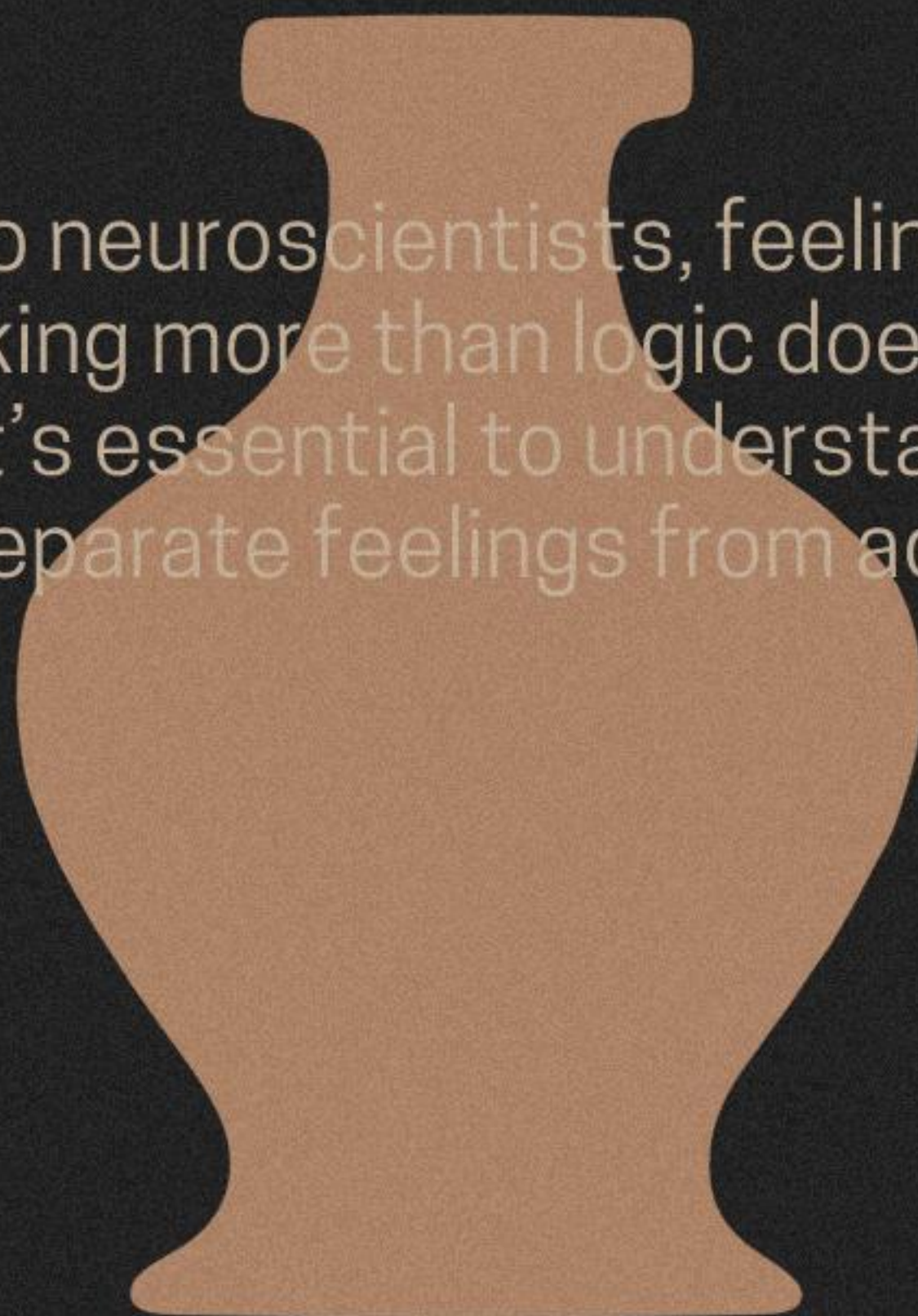
Introducing the #5SecondRule

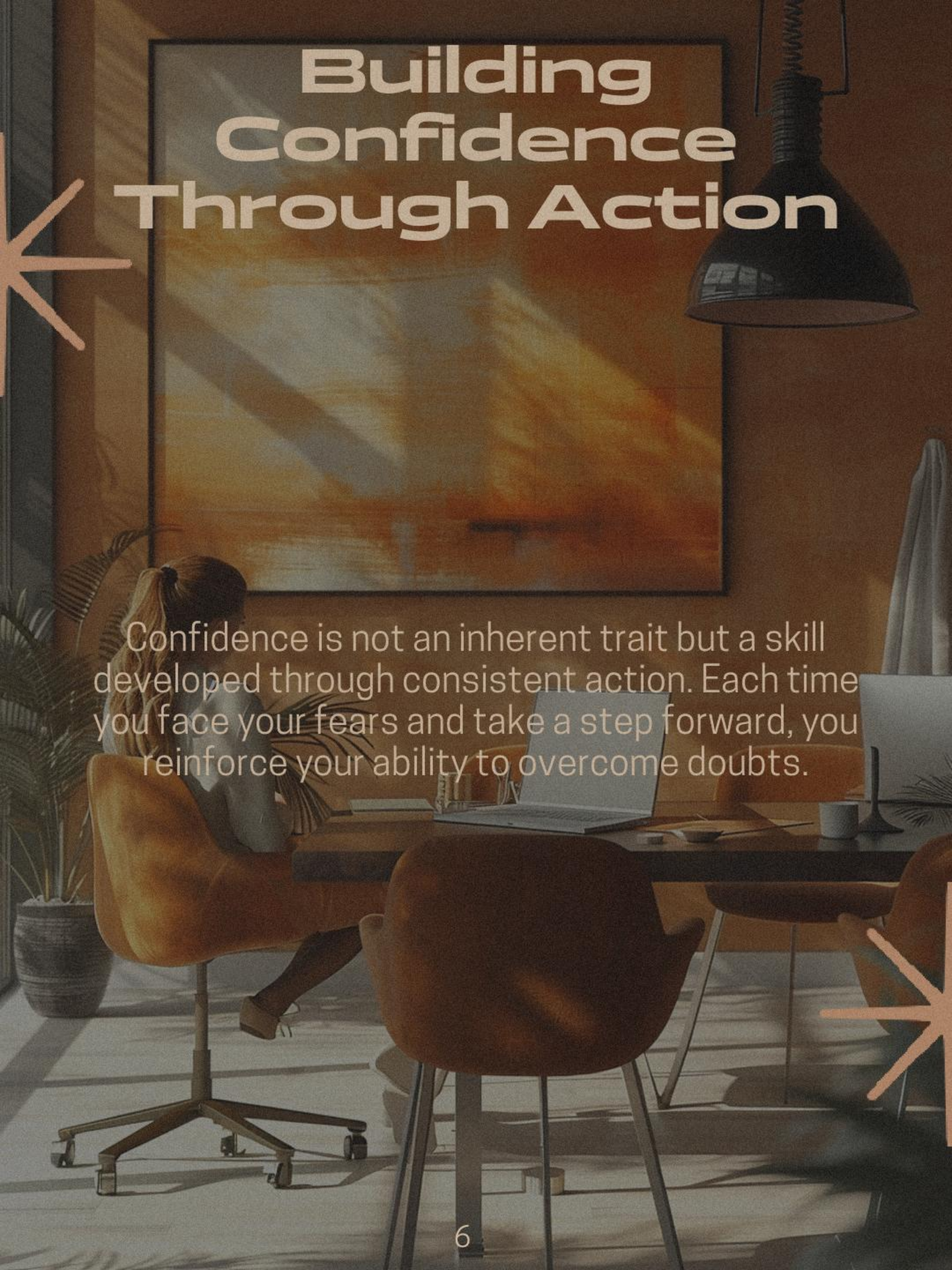
The #5SecondRule is a technique that helps overcome hesitation and fear. By counting backward from five, you can disrupt negative thoughts and take immediate action—whether it's speaking up or starting a task.

The Neuroscience of Decision-Making



According to neuroscientists, feelings influence decision-making more than logic does. This insight reveals why it's essential to understand, challenge, and separate feelings from actions.





Building Confidence Through Action

Confidence is not an inherent trait but a skill developed through consistent action. Each time you face your fears and take a step forward, you reinforce your ability to overcome doubts.

Transforming Inner Dialogue

Instead of listening to negative self-talk, Christine learns to replace doubt with action. The journey of self-empowerment begins by silencing internal criticism and embracing action.



Transforming Inner Dialogue



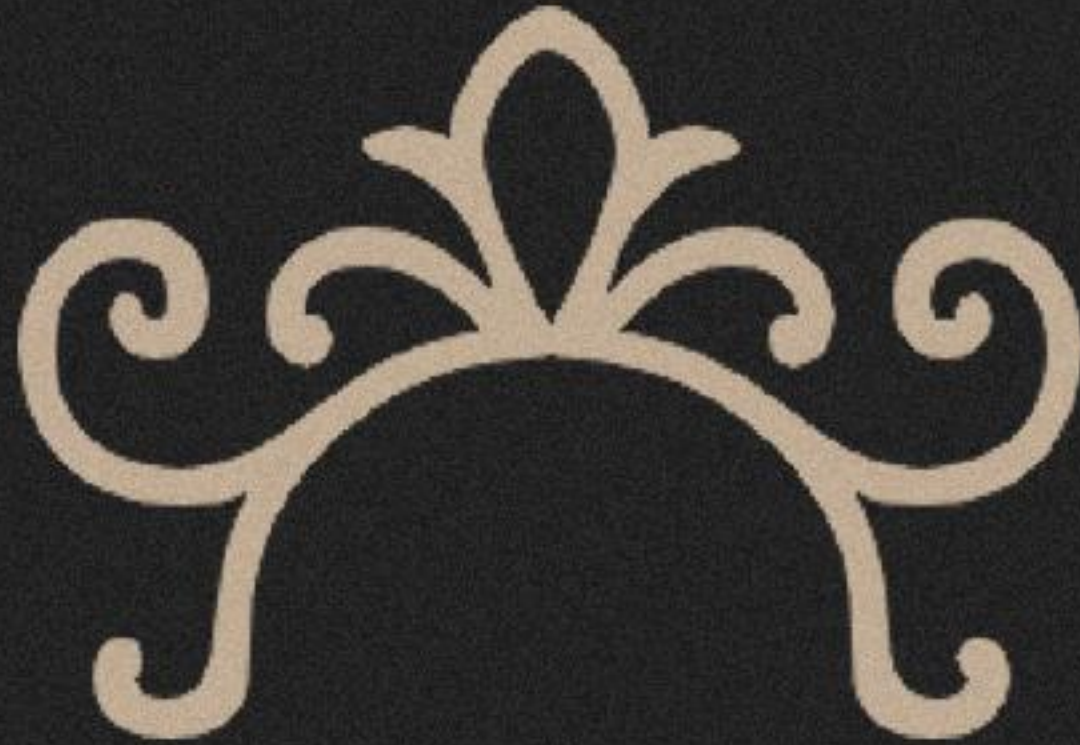
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The Power of Small Steps



Even minor acts of courage can lead to significant changes. Each step taken in the face of fear contributes to a more confident self-image and stronger presence in any setting.

Conclusion: Own Your Life



Harness the power of action over inaction. By recognizing when to dismiss feelings and embrace decisiveness, anyone can shape their destiny and live with purpose and passion.



Recap

- "You make decisions not with logic, but with how you feel in the moment."
- "Every time you feel unsure, remember that you are capable of stepping forward."
- "You feel before you think and act; mastering that is key to progress."
- "Confidence is built one courageous act at a time."
- "Do not wait to feel ready; act first, feel better later."



Thank You

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