

# MINDSET TRAINING

## How to Overcome Fear + Build Confidence

As you may know, energy is contagious. When you are feeling good, you radiate positive energy effortlessly. When you smile, people smile back. You walk into the room happy, your warmth brings lightness to others simply by your presence. On the flip side, it takes one grumpy customer barking at the person behind the counter to sour everyone's mood. Right?

The same holds true on camera. When you are having fun, enjoying sharing your story, feeling good and teaching with enthusiasm, people *feel* it. They love to watch you because you make them FEEL GOOD. They become hungry for more of that good energy and inspired teaching. They feel connected to you and inspired to KEEP WATCHING. It's win-win!

While we will be learning more specific tools to release your fears and build confidence, I want to let you in on a little secret... It's not about YOU at all. When you flip your attention from how you feel about yourself on video to the power of video to help others, your insecurities melt away. Really.

When you switch your awareness from yourself and re-direct it to your students (on the other side of the lens), you allow your incredible energy to flow. It's about THEM, not you.

**As Maya Angelou said,**

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

### **Stop the Negative Voices Have Been Holding You Back**

Now that you have your goals in mind, let's turn the tables and talk about those sneaky negative thoughts that have been holding you back from creating videos until now. You see, when you bring those negative thoughts into the light of day, they immediately lose their power.

Here are some very common fears:

- I hate what I look like on camera
- I will look stupid
- It will not be professional enough
- It's too hard
- This will be too time consuming
- People will not like me
- It might turn people off
- I get too nervous in front of the camera

Now, don't get all panicky here. Believe me, it's totally normal to be a little intimidated when you start something new. Just trust that you are going to be amazing. (And YES, I will make sure you are AMAZING), but let's kick those fears and insecurities to the curb. Write down ALL your negative thoughts now. Really, I mean it. Do it now.

## How to Re-Train your Mind for Success

I hope you have completed your exercises so far because now we are going to dive into a powerful exercise to re-train your mind. It's high time you had a solid foundation of confidence to build upon so every time you go to produce your videos, your energy is not drained by habitual negative thoughts. Wouldn't that be nice?

Now that you have your list of negative thoughts and you have taken the time to transform each one to the positive **(through The Temporal Tap exercise featured at the end of this course)**, I invite you to choose ONE THOUGHT that has the most power over you. Now, this can be a negative thought (Oh, I hate the way I look on camera!), but once you flip it to the positive, it becomes your ANCHORING STATEMENT. This is the sentence that puts you in a positive and empowered state of mind... every time you make a video.

So, what's yours? Write it here:

Now, see if you can challenge yourself to make it even somewhat believable. Taking the example above, you can transform:

**I HATE the way I look on camera!**

To

**I LOVE the way I look on camera!**

(But that wouldn't really feel authentic at first, would it? Instead find something that is a little bit of a stretch, but still in the realm of possibility)

Instead try:

**I FEEL GOOD about how I look on camera.**

Once you have discovered your Anchoring Statement, go ahead and grab some of your favorite post-its. Write this statement on as many post-its as you can and place them all over your home and office. You are re-training your mind and it does take some intention and action to switch your habitual negative thought to one that is positive and empowering! By seeing this statement over and over again you are reinforcing how you INTEND to feel. Given the Laws of Attraction, what you focus on expands. (Big thoughts for another course!) It's true!

Focus on your statement and FEEL the difference. Try it. It works!!!

Oh yes, and if you are interested in your very own Alexa post-it's, please feel free to message or email me your address. I'm happy to ship some your way!

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