

Confidence To Change

Your belief system is the most crucial component to make any change. It doesn't matter how much effort you put into goal setting. If you do not believe that you can achieve the goal, then you will never take action to reach it. You need to create a clear understanding of why reaching your goals isn't crazy, unrealistic, or impossible. **Anything's possible for a man who believes in himself.**

Repeat this exercise with as many goals as you see fit. A simple rule of thumb: Is it something new that you're trying? You probably have a limiting belief that you can't get it done.

I don't believe that I can achieve the following goal:

Why do I believe that I cannot achieve it? What's the underlying belief?

Why is this a ridiculous belief? (Turn the negative belief into the positive)

How will I benefit in long-term pleasure/gratification once I achieve it?

What's the worst thing that would happen if I try it for 6-12 months?

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I don't believe that I can achieve the following goal:

I don't think that I can overcome my codependency issues

Why do I believe that I cannot achieve it? What's the underlying belief?

I've been raised this way and it's hard to change something that I've been taught to do for most of my life. It's impossible to make such a big change in a short amount of time. Conflict feels unnatural to me and it's not something that I am good at

Why is this a ridiculous belief? (Turn the negative belief into the positive)

My parents and my upbringing don't define me. I define myself. Everything can be learned or unlearned. Change doesn't need to take a long time. Change only needs conviction. Conflict only feels unnatural to me because I never do it. If I do "force" myself to be more confrontational, I will learn it quickly, just like learning to hit the gym only takes a few tries

How will I benefit in long-term pleasure/gratification once I achieve it?

Being assertive and high in disagreeableness is sexy. Women want a man who speaks up for himself. My ex will be into me. Other women will also respect me more. By forcing myself to be more confrontational when I'm not happy with what I'm getting in life, I'll get better results, relationships, jobs, and so on. There are SO MANY benefits!!

What's the worst thing that would happen if I try it for 6-12 months?

I might piss off some people if I'm more honest about my feelings. Maybe my ex will get offended temporarily if I turn down something that I do not want.

Women might also reject me although not sure about that