

THIS IS MY NAME

niche. accountability. marketing. earnings.

MODULE 1: INTRODUCTION

VIDEO 2: MYTHBUSTING!

ASSIGNMENT

Which myths from the video do you think *you* suffer from? Write them down.

How long have you had these self-limiting beliefs in your life?

Which of these myths currently hold you back the most? Write down a top 3.

Give examples of where these top 3 myths have recently stunted your progress.

Who, or what, has made you believe in these myths? Were these people right? Were those experiences the end of the story?

How do you think you could bust through your myths? (Tip: Remember all my advice from the video!)

**For each myth, write down 1-2 goals you'll achieve, to help you practice busting it!
(Tip: Make it SMART – specific, measurable, achievable, relevant and time-bound!)**

Be motivated: What's the best thing that could happen if you *do* overcome these myths?!

What could happen to you if you *don't* overcome them?! Think worst-case scenario.

Write down what you have learned from busting each myth. This will help you instigate a long-term change!
(Tip: If you find yourself slipping back into old myths again, re-do this worksheet.)