



Champ Mindset: Breakthrough

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[The Breakthrough]

3-part strategy on how to overcome the initial approach nerves, anxiety, and self-sabotaging thoughts.

1. Know your "why"

Why do you want love? Why do you want a relationship?

What do you think it will do for you?

Honestly, dating will be a drag at times. It's disappointing, frustrating, and irritating.

So, what keeps us moving forward?

Understanding why you're doing this. Then, knowing that this will be worth it in the end.

There is a reason why we endure rejections from companies, colleges, friendships, and everything else in life. There is a reason why we will go through the scary and vulnerable journey of trying to find love.

What is yours? *Write it out.*

2. Know your objective / Intent

Anxiety is created because you worry about the past or the future, when you should be focused on the present.

Understand you put those high expectations on yourself, all you want to do is connect with someone new.

To stop self-sabotage, understand you're not doing anything wrong. You're not asking for anything, but to connect with another human.

By telling yourself this, it will increase confidence by lowering anxiety.

3. Your life line

Your life line saves you from your own thoughts and pushes you to go for it.

Right before you do an anxiety-provoking behavior, a wall shoots up for you that hasn't allowed you to do what you want to do. You say something to yourself. What is that?

If you don't know, go out and observe. Once you start over-thinking, getting negative, or anything that causes a downfall...What are you telling yourself that stops you from going for it?

Now let's figure out what you can insert into your thought process when this happens so it can bring down the wall.

Think of obstacles you've overcome previously, *what did you tell yourself to finish that marathon? What did you tell yourself to go forward in that interview for the new job?*

Another way to figure it out is by knowing your fear and debunking it.

For example, the fear of rejection as stated above. What do you have to lose? So, you get rejected - you got to answer, you can move on.

Here are some popular life lines:

---> *Just do it*

---> *What's the worst that can happen?*

---> *I'd rather regret trying than not trying*

---> *What would you do if you knew you couldn't fail?*

---> *If I don't do it, someone else will*

---> *Nothing will happen if I don't try*

What's yours? Remember, it needs to be powerful.

Once you know it, be sure to insert it into your mind when you notice resistance comes up.