

FREE 4-DAY CHALLENGE

**Launch Your
Online Business**

Bootcamp

DAILY ACTION CHALLENGE #1

WORKSHEET

Get ready to "Activate Your
Success Mindset" in today's Daily
Action Challenge!

Reframing Your Fears and Creating Your Success Mindset

Fear and the negative self-talk stories you're listening to are holding you back. When you listen to fear, the voices in your head, or the voices of those around you, you start to believe that you can't do this. Well, it's time to kick them to the curb!

The good news? We can overcome our fears and we can adjust our thought patterns to catch our self-sabotaging patterns and reframe them to empower us.

The thoughts that you say to yourself over and over again, whether that's consciously or subconsciously, have been proven to change the way you view yourself and the world around you. Be mindful of the stories you're telling yourself that are feeding into this fear, instead let's create your success mindset!

In this exercise, we're going to take all of our fears and flip them on their heads. Tell yourself why that fear is not true, even when you feel like it is - find the reasons to combat it! Try looking at it from the lens of talking with a friend who is telling you the things she's afraid of. What advice would you give to her?

Step 1: Using the space below, write down all of your fears. Get all of them onto paper no matter how big or small.

Step 2: Rewrite your fears. Using the space below, write down why that fear is not true. Start with the three biggest fears that you think are holding you back and leading to your self-sabotage.

Next Steps...

Share **ONE** of your fears and **3** reasons why it's not true
in the [Facebook Group!](#)

You don't need to upload or submit your assignment, but we'd love to see it shared in the [Pop Up Facebook Group!](#) Don't forget to join us and share your results with other awesome women going through the bootcamp with you!

[**YES! TAKE ME TO THE GROUP!**](#)

Tag us on Instagram! #BBbizbootcamp

As you're diving through the challenge and completing your Daily ActionChallenges, be sure to tag us on Instagram stories [@bucketlistbombshells](#) and use the hashtag #BBbizbootcamp so we can encourage and support you!



Congrats!

WAY TO GO ON COMPLETING YOUR DAY 1 DAILY ACTION CHALLENGE!

Be sure to keep your eye on your inbox tomorrow for the
Launch Your Online Business Bootcamp Day 2 video -
cheering you on every step of the way!