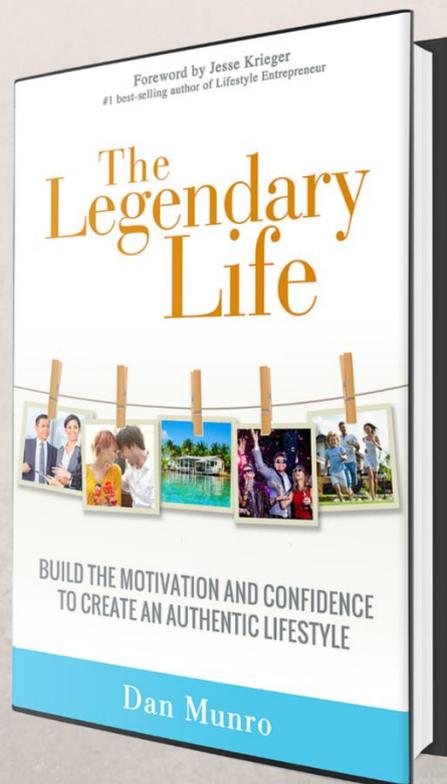


Overcoming Barriers: Create Your Legendary Life in 2015

(The Top 3 Tips You Need)



With Confidence Coach and #1 Bestselling Author

DAN MUNRO

The Top 3 Barriers You Need to Overcome to Create Your Legendary Life in 2015

By Dan Munro

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#1 Bestselling author of [The Legendary Life](#)

Director and founder of [The Brojo](#) and [The Inspirational Lifestyle Ltd](#)

Dear future Legend,

All throughout your life you have been facing obstacles to creating a life you can be truly proud of and grateful for.

Social pressure

We are the direct descendants of people who played it safe socially. In the tribal times of our ancestors it was a very real risk to survival to branch out on your own. They needed the tribe for protection so they kept the peace to avoid abandonment. Fast-forward thousands of years we don't need a tribe to survive, yet we still sacrifice our integrity, honesty and values to avoid rejection.

Self-doubt

Your fear is a powerful tool designed to keep you safe. It motivates you to remain the same and avoid risk at all costs. Your brain is wired to assume that the unknown is dangerous which creates *self-doubt*. Few people have the courage and vulnerability to discuss it, so we all go around believing that we're alone with all these resistant thoughts and anxious feelings.

The problem with instant gratification (PIG)

Like our ancestors, we are programmed to take what we can get. We are conditioned to survive in a scarce ancient world, back when resources were hard to find and ferociously fought over. Our brains constantly think we are going to be killed, starve, or not find a mate. We settle for unsatisfactory jobs, inauthentic relationships and bad deals because we think we're going to miss out.

In this report I will explore all 3 of these top barriers and help you overcome them. If you're ready to truly take action, then I invite you to join one the weekly *Brojo Confidence and Social Mastery meetups*.

I'll be running these each week. [Register here.](#)

To your growth, confidence and authenticity,

Dan Munro

BARRIER #1 - SOCIAL PRESSURE



“How can you stop worrying about what other people think?”

From an evolutionary-psychology perspective humans, a pack-animal, originally figured out that those who stuck together were more likely to survive. If you went out on your own, or were ostracised, you simply didn't come back.

Our brains are still programmed in this way, hence why nearly everyone today is still worried what other people think of them. So how do we break this outdated pattern of thinking?

Quick tip #1: CREATE A SYSTEM TO MEASURE YOUR SELF-WORTH OBJECTIVELY

Set goals and measure your progress against those goals every week. Write about the progress you make. Analyse your results and come up with theories as to why you did or did not succeed. Then adapt to the information and change your behaviour.

Create a measurement system based entirely on YOUR ACTIONS. Nothing else should factor in. You need to consciously recognise this new measurement system as a record of your self-worth. *Aim to measure the process rather than the results.*

Quick tip #2: INVESTIGATE THE SOURCE OF OTHER PEOPLES' OPINIONS

When someone is judgmental or critical of you in any way, it is more about them than it is about you. Other people often don't have a clue what they are talking about; their opinions are completely uneducated and ignorant in most cases.

Confident and mentally healthy people generally don't give a damn about what other people are doing, unless it gets in their way. Therefore, anyone being judgmental is usually just projecting their own fears, self-doubt and confusion onto others.

When you feel judged by someone, take a second to become an amateur psychologist. Ask yourself *“What fear does this person have that makes them so judgmental?”*

Usually, they are either afraid of doing what you are going to do, or they are afraid of people being different to themselves. Your success, or drive to succeed, highlights what they are lacking. They imagine themselves in your position and get frightened.

Also be wary of *mind-reading*: assuming you know what someone is thinking. You don't!

BARRIER #2 - SELF DOUBT



“How can I deal with thoughts that tell me that I’m not good enough?”

Negative thoughts are not the problem. Everyone you know has a story running through their mind telling them that they are *not good enough*. Sometimes the story is quiet, other times it is loud or overwhelming.

But it’s just a story. The problem is when you *become* the story. When you no longer see these thoughts for what they actually are (your brain simply talking to itself) and start to attach to them as fact and reality, your self-worth decreases.

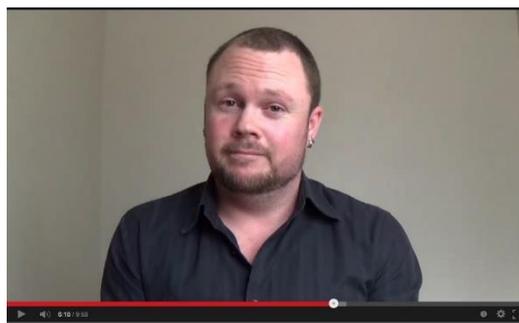
You don’t have to fight against self-doubt, you can simply distance your connection to the thoughts and feelings that it creates. Once you step back and see them for the fleeting sensations that they are, their impact on you reduces significantly.

I have two videos to help you with this, and I will cover this in practical detail in the *Brojo Confidence and Social Mastery meetup sessions*.

[VIDEO ONE: MANAGING NEGATIVE THOUGHTS](#)



[VIDEO TWO: HOW TO DEAL WITH THE “I’M NOT GOOD ENOUGH” STORY](#)



BARRIER #3 - THE PROBLEM WITH INSTANT GRATIFICATION



“How do I control my impulsive pattern of taking the easy way out?”

It helps to understand that you do not really have just one brain, or one “You”. You are actually a composite of different animal-brains stacked on top of each other. And not all of these animals are interested in long term success! In the weekly [Confidence, Authenticity and Self-Worth Brojo Sessions](#) I’ll be covering how to wrangle all these animals.

1) THE BRAIN STEM (aka THE REPTILE)

In charge of your basic survival, such as heartbeat, eating and breathing, this part of the brain has a pretty simple purpose: Survive. This is the part of the brain most likely to say “It’s not SAFE, so don’t do it!”

2) THE LIMBIC SYSTEM (aka THE MAMMAL)

This part of your brain is all about emotion, memory, and relationships. It also controls decision-making. When this part speaks up, it’s trying to avoid discomfort, and will most likely say “Only do what feels good *right now!*”

3) THE NEOCORTEX (aka THE HUMAN)

This neocortex, particularly the frontal lobe, gives us the ability to make plans. We can make relatively accurate predictions about the future and plan for long-term results. This part of your brain is best equipped to make decisions for your future happiness. It says “Taking into account our long term goals, the most effective course of action is...”

WHAT DOES IT ALL MEAN?

You still need the reptile, as it will keep you alive. The mammal will build your relationships and give you emotional connection with events. You cannot enjoy things without the mammal. But in order for both of those animals to contribute positively during the committee meetings in your head, it’s the *human* who should lead.

The simplest way to engage the neocortex is to ask yourself questions. Here are some examples you can ask to aim for longer-term rewards:

- “What would a confident person do in this situation?”
- “If I didn’t care what other people thought of me, what would I say right now?”
- “What can I do today that I’ll be proud of tomorrow?”

Join Dan and the boys at Brojo!

Building Confidence, Authenticity and Self-Worth One Step at a Time... *Without Becoming an Outcast*

I hope this resource guide has been a big help to you.

Obviously, transforming yourself into an unaffected, confident and authentic beast requires more than just reading a 5-page report. If you truly desire to break free of the traps we've discussed today, and enjoy a limitless life where your greatest passions are a regular feature of every single day, then I've got something you'll like.

Come and join one of our weekly meetups or workshops on confidence and authenticity, where I'll be sharing practical and simple tips to increase your ability to be YOU every week. There will never be a better time to handle these barriers than right now!

Imagine a year from now, *becoming the person you wish you were*. No more worrying about being liked, or trying to battle against confusion and doubt every day. Just solid purpose, certainty in your ability to handle the unknown, and that priceless sense of satisfaction that can only come from being sure of yourself.

[Check out what Brojo has to offer here](#)

I can't wait to get to know you and share the secrets to higher self-worth. It's time for the world to see what you've got... you've been hiding it for long enough.

To your success,

Dan Munro

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