

THE  
**B.R.E.A.K.**  
**THROUGH**  
*CYCLE*

HOW TO BREAK FREE FROM SELF-DOUBT AND TAKE  
CONTROL OF YOUR LIFE

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# **The Breakthrough Cycle**

*How to Break Free from Self Doubt and Take Control  
of Your Life*

## **Introduction**

I want to welcome you to the beginning of a new you.  
As we stroll down this path together, you will see that  
the power to break free already exists within you.

You are using that power at this very moment.

You have the belief that you can change.

You believe that you will extract the right information  
from this book that will help you create a new reality  
for yourself.

And that, my friend, is true power.

It is within you.

And by the end of this book, you will be fully conscious of the powers that you possess inside.

You will have no reason to fear.

You will respond to problems in your life with confidence.

You will take action on the things you've always wanted.

You will accomplish your current goals and dream bigger than ever before.

You will know that anything is possible for you.

You will break free.

## **Self-Doubt vs Nature**

The dictionary defines self-doubt as a lack of faith in oneself; a feeling of doubt or uncertainty about one's abilities, actions, etc.

Everyone on this planet has experienced doubt in their lifetime.

Some more than others.

Some people just hide it better.

Nonetheless, everyone has had feelings of doubt.

But if we are truly infinite beings that come from a higher source of power, how could doubt be natural?

How could we be capable of everything but doubt ourselves on our journey to greatness?

And if doubt is unnatural, why is it so common?

To connect these dots, we have to understand where doubt comes from.

It is an external force that acts totally independent of physical and spiritual conditions.

You can be doubtful even if everything is laid out perfectly for you.

And in the same breath someone can be extremely confident in a situation where the odds are completely stacked against them.

When we tap into the power within, it becomes a simple matter of choice.

To unlock the true power of choice and break free, we have to dig a little deeper into this external force of doubt.

There are three primary sources of self-doubt that we have to break free from that we will touch on in the next chapter..

It's important to note here that we're not attempting to remove all of our problems.

We're simply empowering ourselves to become free of the EMOTIONAL WEIGHT of those perceived problems.

This is the fundamental idea behind the breakthrough cycle.

We must realize that our pains and frustrations don't just go away.

In trying to eliminate those problems, we lose the opportunity to gain insight from them.

We lose the opportunity to create new perspective for ourselves.

We lose the opportunity to grow and learn from them.

So understand that as we talk about breaking free, we are discussing the process of letting go of the low-state energy attached to our problems in life so that we can operate on a higher-level of thought, energy, and action (in that order).

You can become free from everything holding you back.

You can become free from your problems.

You can become free from your stress.

But we'll touch on this a little later.

For now, let's address the three sources.

## **Three Sources**

In the last section we briefly mentioned your true infinite power.

This power comes to us in the form of potential. Potential is just an energy source. It cannot be destroyed, but it can be more or less useful in different states.

The same way cold water is useless to a train until it's energy state (potential) is transformed into steam that can power the engine - is the same way that our potential is useless if we don't tap into the source energy and transform ourselves into the full manifestation of our hidden powers.

Every being you come in contact with has a potential energy waiting to be unlocked.



And so do you.

But if we all have this infinite power within us, why is it that less than 1% of society ever tap into it?

Self-doubt.

It is the number one killer of your dreams.

It forces you to play smaller than you are.

It makes you worry about what everyone else thinks.

It keeps you from activating your true self.

But where does this self-doubt come from?

Who teaches us to question our own abilities?

Why can't we hear our true voice within us?

Let's break this down:

There are three main sources of your self-doubt and most people will identify with at least two of the three sources.

### **#1 - Society**

Your community at large is a huge driver for how you act and think about yourself.

Primarily because we are tribal beings who tend to conform and behave in a way that is deemed acceptable.

This society can be a combination of macro- and micro- communities.

Ethnicity, nationality, culture, religion, gender, sexuality, and other sociopolitical classes all have unofficial codes of conduct that will restrict you from being who you really are.

These spoken and unspoken rules will fuel doubt if you don't align with them.

Part of realizing your full potential is breaking free from traditions, customs, and norms that do not serve your inner being.

This is extremely hard for many people because they were born into these systems of thought.

They did not choose them and they make no effort to allow their minds to explore beyond the comforts of ideas they have been indoctrinated with as a child.

Part of the human experience is change.

Traditions are meant to change.

Ideas are meant to evolve.

Society will change with or without you.

So there's no point in holding on to things that do not make you feel whole.

This doesn't mean that you have to get rid of everything that you've ever known, but do not be afraid to challenge tradition or behavioral norms - especially if you see where it has been a hindrance to activating your full potential.

## **#2 - Peers**

The second primary source of self-doubt is your direct peer group.

Your closest friends, coworkers, industry competitors, and associates play a huge role in your personal development.

The old saying, “Show me your 5 closest friends and I’ll show you your future” couldn’t be more true.

If the people near you aren’t achieving and striving to reach their full potential they will make you doubt yourself.

They will question the validity of your ideas.

They will tell you that you aren’t ready.

They will enable behaviors and actions that contradict with where you’re trying to go in life.

They will encourage you to strive for smaller “more attainable” goals.

They will pretend to support you.

Ultimately, if you’re around people who aren’t occupied with their own holistic growth and

development, they will not be in a state where they can really support you.

And the lower you are on the social hierarchy/pecking order of your particular peer group, the more influential their thoughts, actions, and behaviors will be on you.

Our peers begin to shape our vision of reality.  
They shape how we think about our problems.  
They shape how we think about solutions.

And if we're not careful, they will be a major force in our unwillingness to be who we truly are inside.

In order to rebuild your confidence, you have to detach yourself emotionally with the perception of others and step into who you're meant to be.

### **#3 - Family**

The final and arguably most difficult source to break free from is family.

Your family is usually the closest thing to you. These are the people that you don't want to disappoint or let down.

The emotional relationship we have with our family can be disadvantage when you start living your life for the approval or acceptance of another being - even if it is a mother, father, sister, brother, or grandmother.

The same goes when we live to prove people wrong.

We are being controlled by the perception of others. It doesn't make it better because they are family.

You are your own being.

You have a vision that was meant for YOU to achieve and make happen, but you can't do that if you are being held captive by familial trauma, abuse, expectations, etc.

Only you know the true depth of the success inside you and if you've noticed the common theme here is that your thoughts are massively influenced by others.

These thoughts that don't align with your inner being must go. No matter how hard you work or how dedicated you are to creating the life you want for yourself, nothing will change if these three sources are holding you back.

Anxiety arises when you have all these external forces restricting your natural abundance of thought..



You'll never get to take control of your life if you have everyone else's ideas creating a box for you to be confined to.

We have to release those ideas.

We have to release the the indoctrination from our family, friends, coworkers, and our communities.

90% of what's holding you back is how you process the thoughts and perception of others.

Fear of judgment.

Fear of being mocked and ridiculed.

Fear of being embarrassed.

By now, you should be very conscious of some key people, places, and ideas that you need to remove from certain areas of your life.

So I don't want to keep drilling you on this, but please don't let this moment of clarity escape you.

It's time to become who we are destined to be.

It's time for you to align yourself with the vision that you have been rejecting and get connected with the voice inside your head that you can't seem to listen to.

My job is to get you closer to that voice so that you can walk your life path on your own terms.

We have to create new beliefs and sometimes those new beliefs may be in direct contradiction of the beliefs that we were indoctrinated with.

So with that being said, let's get started ....

## **Breakthrough Challenge**

1. List three ways society has made you doubt yourself.
2. List three ways your peer group has made you doubt yourself.
3. List three ways your family has made you doubt yourself.
4. Write a response for each in a way that reclaims your power.
5. Write how you will work to avoid the negative thoughts from each source.

## **Identifying Barriers**

Your #1 job right now is to be completely honest with yourself and the barriers that you have in your life.

Be as raw as possible.

Be harsh if need be.

(Since you've done the exercise), you have already identified the sources of some of your self-doubt, but we have to gain even more clarity about why these statements resonated with us in the first place.

Think about it like this.

Your brain has processed hundreds of millions of thoughts, but for some reason there are a few negative thoughts that won't go away.

The truth is that those negative thoughts only stuck with you because you were also having them yourself.

We've talked about your potential energy in a positive context, but inside you also have a lower self who has a great potential for negative energy.

One on hand, we have joy, fulfillment, alignment, gratitude, belief, and purpose.

This is our positive potential.

On the other hand, we have fear, depression, anxiety, pessimism, self-doubt, and destruction.

This is our negative potential.

We are always moving towards our positive potential or our negative potential.

The state we are in determines the energy that we will attract to us.

When we are in a state of self-love, we will attract more love.

When we are in a state of doubt, we will attract more doubt.

So while the primary sources can be very influential in your life, their ability to actually take you off your path is 100% up to you.

You have to be more in tune with your positive potential.

Your true self.

You are powerful.

You are in control.

You are the barrier and the things you see as barriers are just reflections of your energy.

But if you can tap into unconditional self-love, the possibilities are endless.

You are reading this because you have something you want to accomplish. There is a purpose deep inside you are ready to bring to life.

And that purpose may come with some actual barriers that seem beyond your control.

But the biggest obstacle is still the mental one.

Do not allow your physical reality to interfere with your faith and your mental reality.

Identify and isolate each barrier.

How can you change your internal vibration?

How can you move close to your positive potential?

Detach yourself from your problems and reattach to your inner being.

You are not your problems.

You are not your circumstances.

You are not your barriers.

You will no longer internalize everything you believe that is holding you back.



## Breakthrough Challenge II

Transform every negative thought you have into a positive action plan.

*I'm not smart enough.*

I will find the resources and information I need.

*I'm not talented enough.*

I will invest my time into improving my skill.

Outside of your internal vibrations, the biggest gap between where you want to be and where you are is your willingness to experience new things.

You can't reach your breakthrough moment without getting 100% out of your comfort zone and diving into the unknown.

Let go of all the thoughts telling you that you aren't ready and listen to the voice telling you to keep going.

## **Visualization Exercise**

- Imagine yourself at the bottom of the ocean with small anchors attached to your legs.
- You are unable to move.
- Every anchor represents a negative thought or emotion.
- Replace the negative thoughts with positive thoughts and feel the weight come off.
- You are able to swim.
- The more you feed yourself positive energy, the closer you get to the surface where your positive potential begins.

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The world is inundated with negativity. It's easy to succumb to it, but you have to become obsessed with feeding your mind positive energy.

This positive energy will fuel you like nothing ever before and it will allow you to create new belief patterns:

New beliefs about yourself..

New beliefs about your goals..

New beliefs about opportunity..

New beliefs about failure, doubt and fear itself..

This is how you begin to make the shift.

New beliefs create the opportunity and a new sense of willingness to explore new parts of your mind.

You have been so personal and intimate with your problems up until now that you haven't been able to get close to your potential.

Think limitless.

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## **Visualization Exercise II**

- You have exited the ocean and now you are propelling yourself towards outer space.
- You are full of positive energy.
- You are leaving the atmosphere.
- You see new planets and new solar systems.
- There are new universes.
- You see now that the possibilities are infinite.

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Create new paths in your mind and commit to new goals that are higher than your normal expectations.

When you were in a lower state, your ability to see your higher self was impaired.

Commit to being the best version of YOU knowing that it's possible without the anchor of stress and negative energy.

If you can do that, then you have the opportunity to become a new person and achieve all the things that you want in life.

Now is the time to leave your comfort zone and get ready for all of the blessings that are waiting for you with this new beginning.

## **Energy + Environment + Action**

So far we've identified that everyone has self-doubt.

We broke down the three primary sources that contribute to the self doubt that we have inside our minds.

We've identified the negative energy that we have become attached to and see how internalizing that energy moves us further and further away from our positive potential.

We know that we need to reflect on our issues and constantly reframe our thoughts until positivity becomes a habit that is part of our lifestyle.

When you start making these changes in your life, there's gonna be some friction - internally and externally.

Telling yourself to confront the problem that you've been hiding from over the years isn't going to be easy.

You're going to be conflicting your own thoughts because you are telling yourself to do something that you've never done.

And our minds value comfort and stability.

You have to keep pushing regardless and build the mental fortitude to move forward.

I promise that it will all be worth it if you can fight off the urge to go back to what you're used to.



Externally, people will question your new outlooks, goals, thoughts, and energy.

They will try to make you doubt yourself.

It's important to know that this may not be blatant or malicious in nature, but when people feel like you are leaving them behind they feel that friction within themselves.

You will have a desire to help some people. As admirable as that is, you cannot carry everyone with you and truthfully, until you stabilize yourself into a place of positivity you won't have the capacity to lift someone to a place that you've never been.

Focus on your journey and free yourself first.

You may also get some very direct criticism.

People will bring up your past in attempts to expose you, but your past mistakes do not define your future.

But you have prepare yourself for the energy to get intense on this journey if you want to reach the next level and breakthrough.

You have to prepare for things to change.

Your friends will change.

Your relationship with your family might change

Your community may change.

Everything that you've known to be constant in your life is susceptible to change.

And this is what holds alot of people back from actually taking the ACTION required to make changes in their life.

It's relatively easy to recognize our problems and decide what changes we need to make.

But when it comes to taking action, we resist the change.

The key is to find the right environments that align with your new vibrations, because there's only so much change you can make in the same environment.

Let the world adapt to you and stop changing who you are for the world.

Remove all sources of negativity in your life and don't apologize for your self-elevation.

It can be a friend who's always negative.

It can be your favorite TV show, the music you listen to, social media, websites, news, etc.

If it's not having a positive effect on your life, you need to remove it from your life and replace those things with things that enhance your inner being.

We always seem to find what we're looking for. So look for more positivity. Seek out inspiration. Find motivation. Look for mentors.

And you have to do all of this with enthusiasm.

If removing negativity from your life feels like a chore, then you are not in the right mental space.

The igniter of life is enthusiasm. It is how you align with your higher state.

So we have to move beyond just awareness and action.

HOW you do something is almost more important than WHAT you do or WHY you do it.

This is about speed. The higher vibrations (enthusiasm) will attract everything your higher self desires.

When you are acting in a slow and sluggish you will attract low level energy.

Put in MORE effort and MORE energy than ever before and you will be a magnet for the things you want in life.

Do everything in alignment with your higher self.

Move with purpose and continue feeding your brain positivity, motivation, inspiration, and knowledge everyday.

Continue creating new beliefs.

The people you need to have in your life will start arriving.

The opportunities you've been waiting for will appear.

..all because you are operating with a new level of energy.

This is the transition.

This is where you are going to have to commit internally.

Action cures all self-doubt.

When you continue to take action, you remove the idea of uncertainty because you will be stepping into the new experiences that you were once uncertain about.

You defeat anxiety.

You stop wondering what if.

And you just do it.

But when you don't take the action, you don't move forward. You feel lost and trapped by your situation.

And instead of operating in your higher state, you begin welcoming your negative potential energy.

Self doubt breeds confusion.

Self doubt breeds uncertainty.

So TAKE ACTION, gain insight from your experiences and learn from the outcomes.

Don't take action only when you expect things to go perfectly.

Take action so you can get the result.

Never fear the result.

Don't fear what may happen.

Just take what happens and adjust.

Remember, you are not your circumstances. As long as you are working to stay in a higher state of positivity, everything will be fine.

Enthusiastic action cures all.



## **New Knowledge**

You've made it to the final and hopefully you're in the mood to take serious action in your life.

It will be the cure to your self-doubt.

You just have to learn to live with the understanding that failure is a part of your success.

If you start trying new things, there is a 100% chance that you will fail on your journey. But there is also a 100% chance that if you take enough action, that you will succeed. And a 100% chance that if you don't take action that you will never succeed.

The choice is yours, but the success you want is already available to you. You just have to get on the path of your inner being and off the path of fear and

self-doubt. So if you're going to commit to breaking free, you have to commit to your higher state.

Commit to living with energy and enthusiasm.

Commit to taking action. Commit to accepting your results and take responsibility for them and accept the fact that every action will have both positive and negative consequences. Take ownership of both components.

Remember that even though you are an infinite spirit, there will never be a point in time where you have everything figured out because you will always have room to grow in your skills, abilities, and impact.

But if you take the framework of this book, you will have the skill to adapt to new environments and situations. You will learn how to renew and recreate yourself.

There will naturally be ups and downs in the journey, but that is something you have to accept as you refine yourself. Remain confident, yet humble, through it all.

Accept your breakthrough journey. And when you begin breaking through understand that you will always have to seek new knowledge throughout the process. Stay curious about life and look for new information to grow your mind, your skills, and your potential.

And observe what the world has in store for you as you continue to break free from each new challenge in your life.

Your story begins now.