



Break the Loop: Rewire Self-Doubt into Aligned Action

Date: May 4, 2025 | Facilitator: Danielle Lunamari | Location: Zoom

Workshop Digest & Key Takeaways

KEY CONCEPTS + TAKEAWAYS

1. The Self-Doubt Loop

- Trigger → Doubt → Fear → Procrastination → Guilt → Reinforced Belief
- This loop reinforces the belief that “I can’t,” further deteriorating self-confidence and motivation.
- Self-doubt thrives on emotional overgeneralizations (“I never finish anything”).

2. Root Causes of Self-Doubt

- Childhood conditioning (especially pre-age 8)
- Fear of failure or judgment
- Social comparison
- Limiting beliefs (“I’m not capable,” “I’m too old,” “I need to be perfect”)

3. The Cost of Indecision

- Living in the “purgatory of indecision” leads to freeze mode, avoidance, and burnout.
- Clarity comes from action—not thinking. Choose imperfect action over waiting for certainty.

4. Signs of Misalignment

- Chronic resistance, burnout, feeling “off,” people-pleasing, or taking action out of obligation or fear.
- Alignment feels energizing—even when it’s hard.



Break the Loop: Rewire Self-Doubt into Aligned Action

Date: May 4, 2025 | Facilitator: Danielle Lunamari | Location: Zoom

5. Rebuilding Self-Trust

The “Trifecta of Trust”:

- Self-Awareness – Know your values, triggers, and patterns.
- Self-Compassion – Replace harsh inner dialogue with grace.
- Self-Accountability – Hold standards without expecting perfection.

6. Aligning Time + Energy

- When action is aligned with values, it feels more sustainable.
- Time and effort without clarity = burnout.
- Time and effort with clarity = momentum.

FRAMEWORKS INTRODUCED

Lead Your Life™ Framework:

1. Clarity – What do I truly want?
2. Purge – What beliefs or behaviors are misaligned?
3. Connection – Reconnect to your body, energy, and intuition.
4. Trust – Anchor into your internal guidance over external noise.

TOOLS FOR BREAKING THE LOOP

- The Worry Timer – Set a time limit to feel emotion fully, then move forward.
- Implementation Intention – “If I feel stuck, I’ll [do X for 5 minutes].”



Break the Loop: Rewire Self-Doubt into Aligned Action

Date: May 4, 2025 | Facilitator: Danielle Lunamari | Location: Zoom

- Chunking Questions – Keep asking “How is that a problem?” until you find the root.
- Temptation Bundling – Pair unenjoyable tasks with enjoyable ones.
- Decision Filter – Ask: “What would I gain/lose by quitting or continuing?”

FINAL ENCOURAGEMENT

- “There are always options.” Even when the path feels uncertain or hard, you can rebuild.
 - “Take the risk.” The unknown might hold more possibility than you expect.
 - Get your hopes up—and let that hope guide aligned, courageous action.
-