

# How to Overcome the Mental Doubts That Hold You Back From Success

Is This Mental Thief Stealing Your Success?

I usually focus more on nuts and bolts issues.  
But today I want to talk about a really critical thing —  
the mental aspect of your success.  
And how to overcome self doubts that hold you back

**By Marlon Sanders**

**Next page.**

I have another niche market I participate in and hope to sell products in.

This niche market involves a sizable learning curve. I see people come and go in it all the time.

And from my own experiences and those I observe, there is ONE THING that keeps people from making progress. And that thing is self doubt.

### **1. You may doubt you have the ability to succeed in this business**

You know, we all have self doubts. In learning the new skills I'm tell you about, I know I personally have had self doubt. "Is this something I can do? Is this a skill I can master? Am I TOO OLD?"

Yet, the conclusion I come back to over and over is that success in ANY endeavor is the result of behaviors. Change the behaviours and get the result.

Wherever you are, I've been there. I know what it is to doubt yourself or your ability. To not be sure if you have what it takes. To try and have your successes far outweighed by things that didn't work.

It's easy to get discouraged. To stop. To quit. To think that this is the end of the road for you. In this new arena and skill set area I'm working in, I've experienced all those feelings and emotions and more.

### **2. You may doubt your progress**

It's so easy to look at a few successes against more failures and think, "I'm not making progress."

**Next page.**

[www.marlonsnews.com/podcastvideos](http://www.marlonsnews.com/podcastvideos)

I think this is the hardest thing. You have to tie a knot on your mental rope and hang on. Because the truth is, things almost always don't work before they DO work.

You have to really tune up your focus on any successes you DO have. And notice the small successes. So maybe you don't have a ton of sales yet. But you DO have people subscribing. Or you DO have some sales coming in regularly.

Or you DO have your blog up and you ARE getting visitors now from Google.

You have to exaggerate mentally the successes you DO have because those are what show you that you ARE making progress and ARE on the right track.

### **3. Others will rain on your parade**

So you finally get to the point where things ARE starting to work. All of a sudden in a forum or someplace, someone RAINS on your parade. They criticize your model, your idea or your efforts.

Maybe they tell you you are pipe dreaming. Or chasing rainbows.

And you let it get to you mentally, spiritually or psychically.

I don't know why this happens. Some people just aren't very tuned in. You have to believe in yourself and what you're doing more than anyone else. I don't know why it's that way. But it is.

### **4. You may have a set back**

Man, this one is a challenge. You're going along. You're making progress. You've got some traffic. You're getting subscribers.

**Next page. >**

[www.marlonsnews.com/podcastnvideos](http://www.marlonsnews.com/podcastnvideos)

Sales are coming in.

Then you have a set back.

Something happens in your life, your family, or some area that holds you back or slows you down.

For me last year it was a quadruple hernia. Not exactly what I had in mind for my year.

But you move forward. That's all you can do.

### **5. You may think or feel that finally you've reached a point where "it isn't working."**

Anytime you're acquiring a complex set of skills, that can happen. It's a signal to do some things different. To up your Game. To tweak what you're doing and how.

=====

## **Solutions for You**

=====

Alright, let's talk about solutions:

### **1. Operate from a basic checklist**

Do you have your autoresponders set up? Do new customers go onto your email list? Are you sending out emails? Do you have a plan or system for getting traffic that has a realistic chance of working? Are you creating and promoting new products? Do you know HOW to do screen capture video and post it? Do you have a blog that looks good?

**Next page.**

[www.marlonsnews.com/podcastvideos](http://www.marlonsnews.com/podcastvideos)

These are all basics. I'm covering most of them in the Quick Start call and PDF I'm doing for my Writer's Secret folks.

But you don't have to buy from me to do these things. I make things easier so you have to figure less out. But the important thing is you have a basic checklist.

### **2. Give yourself credit for SMALL improvements**

Rome wasn't built overnight. At first, your victories will be much smaller than your defeats. That's how it is in a learning curve.

### **3. Tweak but don't junk**

Tweak your game plan but don't throw the baby out with the bath water. You've got to believe in your basic game plan.

### **4. Know who to IGNORE**

Just because someone sounds like they know what they're talking about and they criticize you does NOT mean you should listen to them.

Everyone has a point of view and belief system. Maybe THEIRS is the one jacked up. Not everyone wants to build the same type of business or has the same vision.

### **5. Do the fundamentals first**

If you can't write a headline, can't put up a squeeze page, can't write a guarantee, can't write and send an email, can't set up an affiliate program, can't compile a PDF, can't make a Camtasia video that's decent — if you can't do those things, go back to the fundamentals.

**Next page.**

[www.marlonsnews.com/podcastvideos](http://www.marlonsnews.com/podcastvideos)

It's so easy to get distracted by bright and shiny objects.

But what I've found is that success is the cumulative result of layering basic upon basic and skill upon skill.

You know, it's a cumulative result. That does NOT mean it has to take forever or a long time.

My great pal, friend and inspiration, Jason Fladlien, mastered huge chunks of this business very quickly. It CAN be done. Still, he started with the fundamentals like copywriting and mastered the basics.

You gotta be able to write headlines, bullet points, offers and guarantees.

You gotta have your affiliate program. And so forth.

### **6. Realize that EVERYONE has self doubt**

I think one of the biggest obstacles to succeeding is doubting your smart enough, good enough and so forth.

At the same time, smart or good alone doesn't do it. You have to put into effect the right chunks of the business. You gotta get the pieces in place. The foundations.

### **7. Value doing things**

The single most important thing you can DO is something. Just DO things and watch the results. Then tweak and try again.

You'll never succeed without DOING.

So get curious what would happen if you DO this? Or DO that?

**Next page.**

[www.marlonsnews.com/podcastvideos](http://www.marlonsnews.com/podcastvideos)

Find some way, some how that you can enjoy the DOING. The BEST way I know of to do that is to get curious. And think about it...if you found yourself getting really curious about the results of DOING things, how would that change the quality and quantity of activity you take now and in the future?

And if you found yourself getting really curious about THAT, what might that look like? How would things change?

Enjoy the process.

Fear of making mistakes holds people back. Curiosity about what would happen if you take action makes things happen.

It's easier to tweak a process in motion than it is to get in motion.

Get in motion.

It's half of success. Just getting in motion.

### **1. You gotta see opportunity**

Where are your underserved people or topics?

### **2. You gotta get in motion**

Take some action to exploit the opportunity

### **3. You gotta produce and promote**

It may not be pretty at first. It may not make a fortune. But if you find yourself getting really curious about what would happen once you became a producer and a promoter,

**Next page.**

[www.marlonsnews.com/podcastvideos](http://www.marlonsnews.com/podcastvideos)

then you're almost there.

A week or two ago I showed you a new blog I put up. I'm still working on getting my ducks in a row. But it has ALREADY opened doors and I've met people who can help parts of it happen.

And all I did was put up a blog. There isn't even a video on it. There's just a basic graphic and a blog template.

Success favors those who take action and do things just out of the curiosity to know what MIGHT or COULD happen.

### **Marlon Sanders**

The King of Step-By-Step Internet Marketing and  
"The Ambassador of Old School Marketing"

**Next page.**

[www.marlonsnews.com/podcastvideos](http://www.marlonsnews.com/podcastvideos)

## Resources

FREE podcasts, videos, PDFS

<http://www.marlonsnews.com/podcastvideo/>

**"Point and Click" Your Way To Create Amazing Web Pages That Sell Your Products Like Crazy!**

<http://www.designdashboard.com>

**The Only Point-And-Click System That Turns Internet Marketing And Promotion Into A Virtual No-Brainer**

<http://www.promodashboard.com>

**Discover the Amazing Formula That Sells Products Like Crazy!**

<http://www.amazingformula.com>

**On December 3, 1998, I Discovered A "Money Getting" Secret That I've Repeated 122 Times -- And You Can Use This Same Secret Starting 2 Hours and 58 Minutes From Right Now!**

<http://www.thewriterssecret.com>

**Just Fill In The Blanks, Click a Button And Out Pops a Potent, Targeted Sales Letter Ready To Sell Your Products or Services!**

<http://www.pushbuttonletters.com>

**Step-By-Step. Point-And-Click To Your Own Product.... or quadruple your money back !**

<http://www.productdashboard.com>

**How I Got 1 in every 102 english speaking net users to my web sties!**

<http://www.1in102.com>

**How to create products fast and roll them out successfully using simple 2-page web sites**

<http://www.gimmesecrets.com>

**Exactly how to vanquish overwhelm, delete your "to do" list, get unstuck, and gain crystal clarity -- all within 4 weeks**

<http://www.marlonsnews.com/overwhelm>

"The above links may pay out affiliate commissions.. For info see: <http://www.promotemarlon.com>"