



**REAL-TIME  
MENTAL TRAINING  
ROUTINES  
TO CRUSH  
SELF-SABOTAGE**

*Blair Singer*<sup>®</sup>  
TRAINING ACADEMY

**THE LITTLE VOICE MASTERY SCRIPTS**

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# What is this kit for?

These are situational  
"internal power scripts" to  
override hesitation,  
procrastination, and fear.

Based on the "Law of  
Replacement," which  
states that:

*You cannot eliminate a habit,  
thought, or behavior without  
replacing it with something else.*



# The Inner Game that Separates Top Performers



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# Definition: Logic

**1. Nature hates a vacuum** – If you remove something (like a negative thought or habit), something else will naturally take its place. If you don't consciously choose the replacement, your subconscious often fills the void with something similar or worse.

**2. Deliberate substitution** – To truly change, you must replace old patterns with new and empowering ones.

For example:

- Replace fear with confidence.
- Replace procrastination with immediate action.
- Replace self-doubt with affirmations of capability.

**3. Application in “Little Voice Mastery”** – When silencing a negative inner voice (fear, hesitation, self-criticism), it's not enough to suppress it. You must actively insert a new voice – one of encouragement, certainty, or commitment.

**4. Behavioral example** – If someone quits smoking, but doesn't replace the routine or psychological reward, they might start overeating or develop another unhealthy habit.

# Definition:

# Trigger Moment

A trigger moment is a specific event, experience, or stimulus that activates a strong emotional or behavioral response, often automatically and sometimes unconsciously.

It's when the “Little Voice” steps in.



# In the context of “Little Voice Mastery”, a trigger moment typically refers to:

## 1. Emotional Activation

- Something happens (e.g., a rejection, criticism, or failure) that suddenly triggers fear, self-doubt, anger, or anxiety.
- It activates the *Little Voice* — the internal dialogue that says things like “I can’t do this,” “I’m not good enough,” or “What if I fail?”

## 2. Subconscious Pattern Replay

- The moment brings up old programming — often from past failures, trauma, or conditioning — and the person reacts in a habitual, limiting way.

## 3. Turning Point Opportunity

- In growth work, a trigger moment is also an opportunity. If recognized and handled consciously, it becomes a moment to *rewrite internal programming*, take back control, and act differently.

### Examples:

- Being asked to speak up in a meeting → triggers fear of judgment.
- Hearing “we need to talk” from a spouse → triggers anxiety or defensive behavior.
- Seeing someone else succeed → triggers jealousy or self-doubt.

# SCRIPT - SILENCE FEAR

**When:** Before a presentation, pitch, or in the face of a perceived risk

**Trigger Moment:** You're about to speak or step up, but your mind goes blank and you feel paralyzed.

**Script (Say aloud or in your head with power):**

*“STOP. This fear is not danger — it’s growth knocking at the door.*

*I breathe into it. I move through it.*

*I’ve trained for this moment — I don’t need to be perfect, just present.*

*I choose courage. I lead myself. I’ve got this! Let’s go.”*

**Body Cue: (what to do with your body)** Take 3 deep breaths. Open your eyes wide. Step forward physically. Smile. Raise your chest.

# SCRIPT - CRUSH PROCRASTINATION

**When:** When you're stalling or distracted

**Trigger Moment:** You keep avoiding the thing you said you'd do. Several things come into your mind that seem to be "legitimate" things that you feel the need to do instead.

**Script (Say aloud or in your head with power):**

*"This delay is the "Little Voice" doing it again! It's trying to protect me from discomfort. But I'm not here to be comfortable — I'm here to grow.*

*What's the worst that can happen? I can handle that.*

*5 minutes of action starts now. Move. I trust myself. Let's win."*

**Action Cue:** Set a timer for 5 minutes. Start — even if it's imperfect.

# SCRIPT - BREAK HESITATION

**When:** When fear freezes you right before action

**Trigger Moment:** You're about to hit "send", "call", or speak — and freeze.

**Script (Say aloud or in your head with power):**

*"If I wait, I lose. Ready is a decision, not a feeling.*

*I believe in myself. I like myself.*

*This is what I am supposed to do. I am bigger than this.*

*"Nervousness is okay. It means I am about to do something important!" (M.Jordan)*

*Leaders go first — We move on "1". 3... 2... 1... MOVE."*

**Action Cue:** Count down. Lightly tap the top of your cheek bone below your eyes with your fingers three times. Clap your hands. Step into the action.

# "LITTLE VOICE" TRIGGER & RESPONSE

## TRIGGER MOMENT

## EMOTIONAL ACTIVATION / LITTLE VOICE REACTION

## REPLACEMENT SCRIPT

YOU'RE ASKED TO SPEAK IN  
FRONT OF A GROUP

"I'M NOT GOOD AT PUBLIC SPEAKING."  
"WHAT IF I MESS UP?"

"THIS IS NOT ABOUT  
BEING PERFECT. IT'S ABOUT  
BEING REAL, BEING ME, AND  
ADDING VALUE. I'VE GOT THIS."

A CLIENT SAYS "NO" OR  
REJECTS YOUR OFFER

"I FAILED. I'M NOT CUT OUT FOR THIS."

"EVERY 'NO' BRINGS ME CLOSER TO  
A 'YES.' I'M LEARNING, ADAPTING,  
AND GETTING STRONGER."

YOU SEE SOMEONE MORE  
SUCCESSFUL THAN YOU

"THEY'RE BETTER THAN ME. I'LL NEVER  
BE THAT GOOD."

"THEIR SUCCESS SHOWS WHAT'S  
POSSIBLE. IF THEY CAN DO IT, SO  
CAN I - IN MY OWN WAY."

YOU MISS A DEADLINE OR  
MAKE A MISTAKE

"I'M SUCH AN IDIOT. I CAN'T KEEP UP."

"MISTAKES ARE FEEDBACK. I  
LEARN FAST. I RECOVER FASTER.  
I'M IMPROVING EVERY DAY."

YOU HESITATE TO FOLLOW UP  
WITH A LEAD

"I DON'T WANT TO BE PUSHY."  
"THEY PROBABLY AREN'T INTERESTED."

"I OFFER REAL VALUE. FOLLOWING  
UP IS SERVICE, NOT PRESSURE.  
THEY'LL BE GLAD I CALLED."

YOU FEEL OVERWHELMED  
WITH TOO MANY TASKS

"I CAN'T HANDLE THIS. IT'S TOO MUCH."

"ONE STEP AT A TIME. BREATHE.  
PRIORITIZE. FOCUS. I'M BUILT FOR  
PROGRESS UNDER PRESSURE."

SOMEONE CRITICIZES YOUR  
IDEA OR PERFORMANCE

"THEY DON'T LIKE ME. I SHOULDN'T  
SPEAK UP AGAIN."

"FEEDBACK IS NOT REJECTION. I  
GROW FROM IT. I STAND TALL AND  
KEEP CONTRIBUTING."

# Confidence Trigger (Meditation)



[Listen to the meditation audio now](#)

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**Thank you for using the  
Little Voice Survival Kit.**

**When used daily, it can shift  
your mindset in everyday  
situations from being small to  
becoming your TRUE SELF.**

**For more information on my programs,  
visit [www.blairsinger.com](http://www.blairsinger.com) or my socials**

