

HEART OF SUBSTANCE

8-Steps to Overcome Self-Doubt

Self-doubt creates resistance to achieving goals. It is generally driven by fear of failure. This set of techniques will help to banish self-doubt.

Forging through resistance

1. Write a list of goals where you are finding resistance. At the heart of each is likely a fear of failure.
2. Spend some time asking yourself what it is you fear about the subject. For example, I'm not good at presentations or I'm not able to do XYZ.
3. Write three pieces of evidence that suggests why you would be good at presentations or able to do the XYZ. For example: I have helped John with his presentation. I understand the subject. And so on.
4. Say these out loud to yourself, place them in a prominent place and repeat them over to yourself. This will shift your thinking and reinforce your potential.
5. Talk back to your fears. When that little voice arises, tell it is such a jerk.
6. Also, identify where you need to upskill and take steps to address these areas.
7. Keep a gratitude journal and reflect on each day. Add even the smallest achievements. Gratitude journals are powerful in overcoming self-doubt.
8. Be consistent with doing this. Reward yourself for each step of achievement.

Did you know that, according to brain experts, your brain is constantly changing, with 70% of brain cell connections changing each day? So, your brain is wired to shift. It just needs the input for new thought patterns.

Maybe work on banishing self-doubt on one area of resistance at a time. Once you overcome one of these it will give you the confidence for others on your list.

*I am unique. I am confidently me. I
can kick butt.*