

SELF-DOUBT

START BELIEVING IN YOURSELF

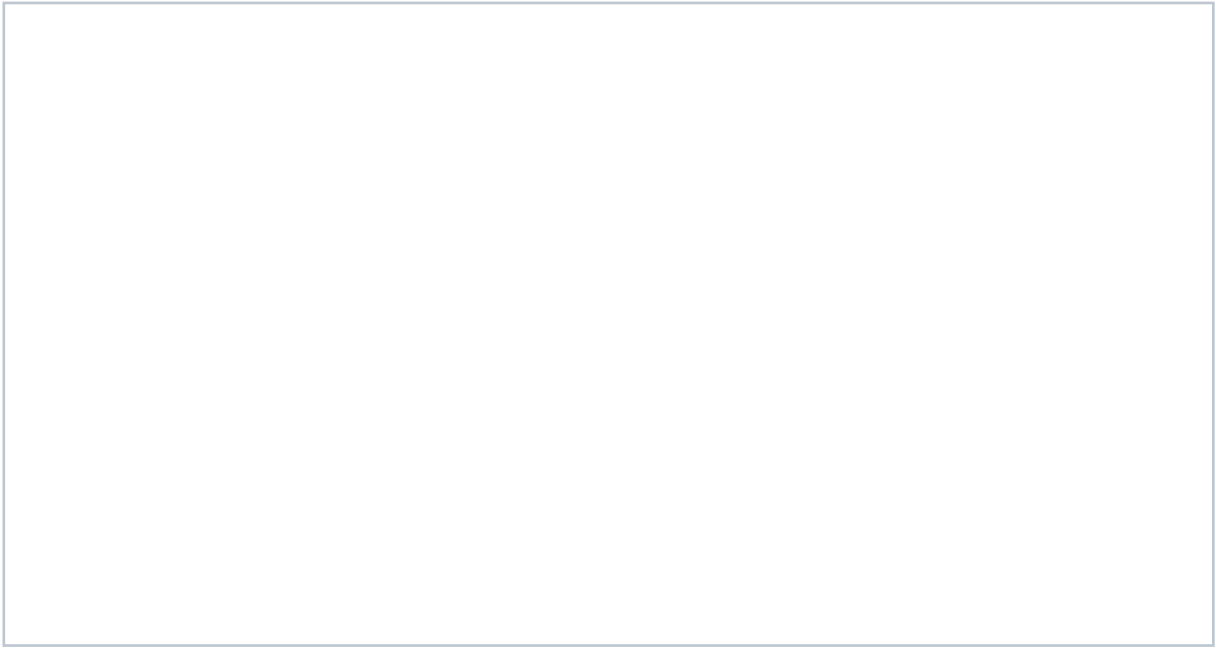
*A workbook designed to help you
overcome self-doubt and feel confident*

Limiting Beliefs

Limiting beliefs are thoughts we have about ourselves that we believe to be true but are actually holding us back. They are not personal characteristics, but barriers and boundaries we place unconsciously on ourselves. It's time to identify and break each limiting belief you have.

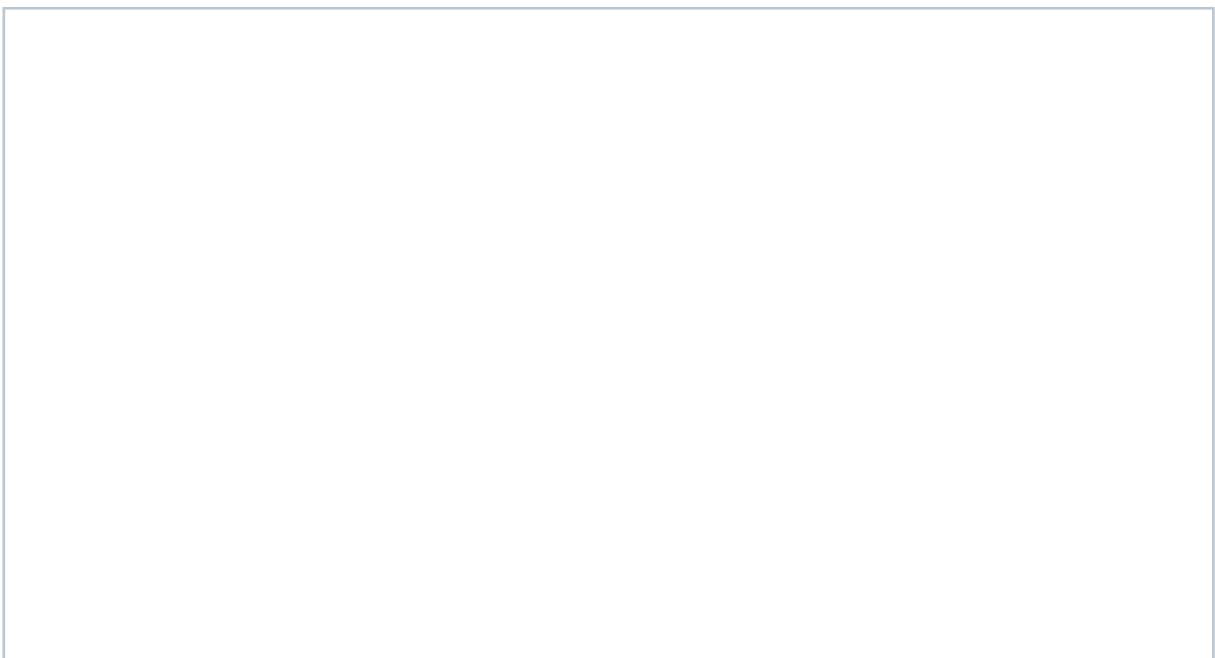
1. IDENTIFY YOUR LIMITING BELIEFS

The first step to reframe limiting beliefs is to be aware of them. Think about the things in life that you've always wanted to achieve regarding all areas of your life – work, relationships, money, health. Are there limiting beliefs stopping you from achieving them or slowing your progress? If you are wondering how a limiting belief sounds like here are some examples: *I'm just not good with money, I'm a procrastinator, I'm too old, I'm not interesting.*

A large, empty rectangular box with a thin grey border, intended for the user to write down their limiting beliefs.

2. HOW WOULD YOUR LIFE BE WITHOUT THESE LIMITING BELIEFS?

Imagine if you started doing all the things you said *I can't* to. What would be different in your life? What would you be doing right now? Describe your reality from that place.

A large, empty rectangular box with a thin grey border, intended for the user to describe their reality if they were free from their limiting beliefs.

3. REFRAME YOUR LIMITING BELIEFS

Now that you are aware of your limiting beliefs, it's time to break them. Find the truth behind each limiting belief, the moment when each of these stories began. Knowing the why helps us change the behavior. Then, reframe each limiting belief into something that won't limit you. If your limiting belief is for example *I'm just not good with money*, you may realize that you believe this because of your family history with money. You could reframe this belief by saying to yourself *I'm becoming good at making and managing money*.

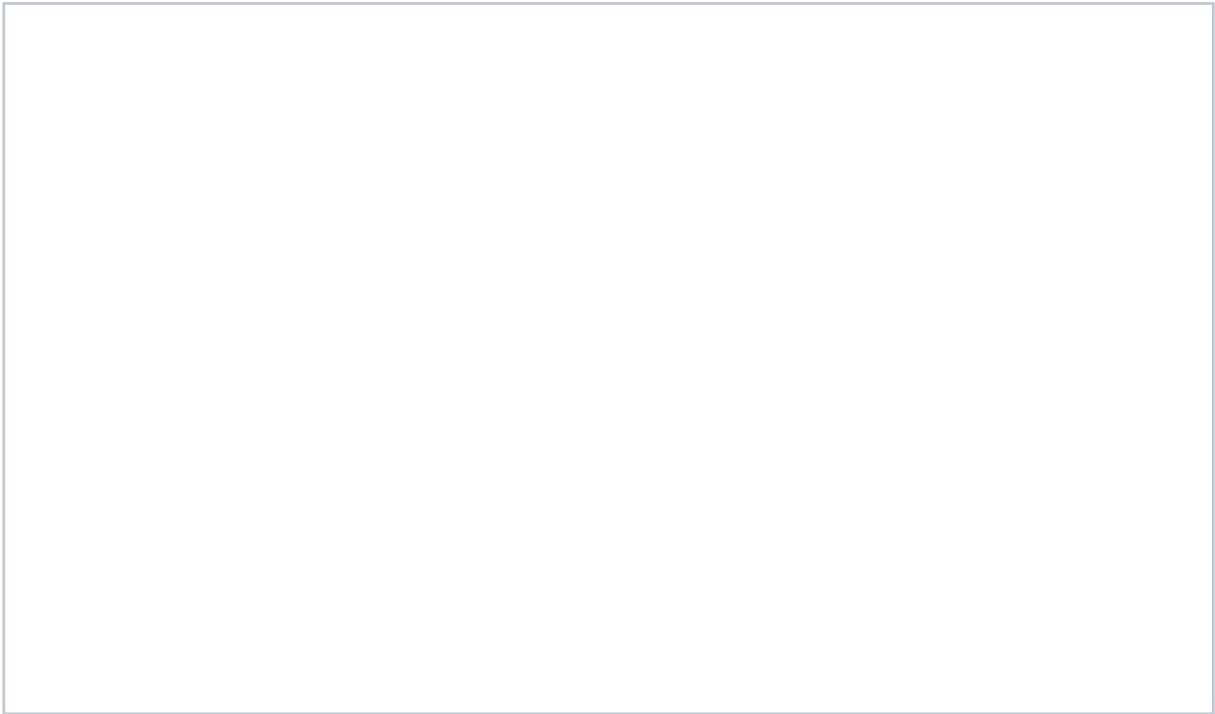
MY LIMITING BELIEF	WHY DO I HAVE THIS BELIEF?	MY NEW BELIEF

Eliminate Excuses

If there is something that you want to achieve in your life and you are not making progress, you must take a look at yourself to find the reason why. You may find that you have been using some excuses for not taking the necessary action. Don't feel bad about that. We can't change the past, but we can address each excuse that's stopping us and move forward with our lives.

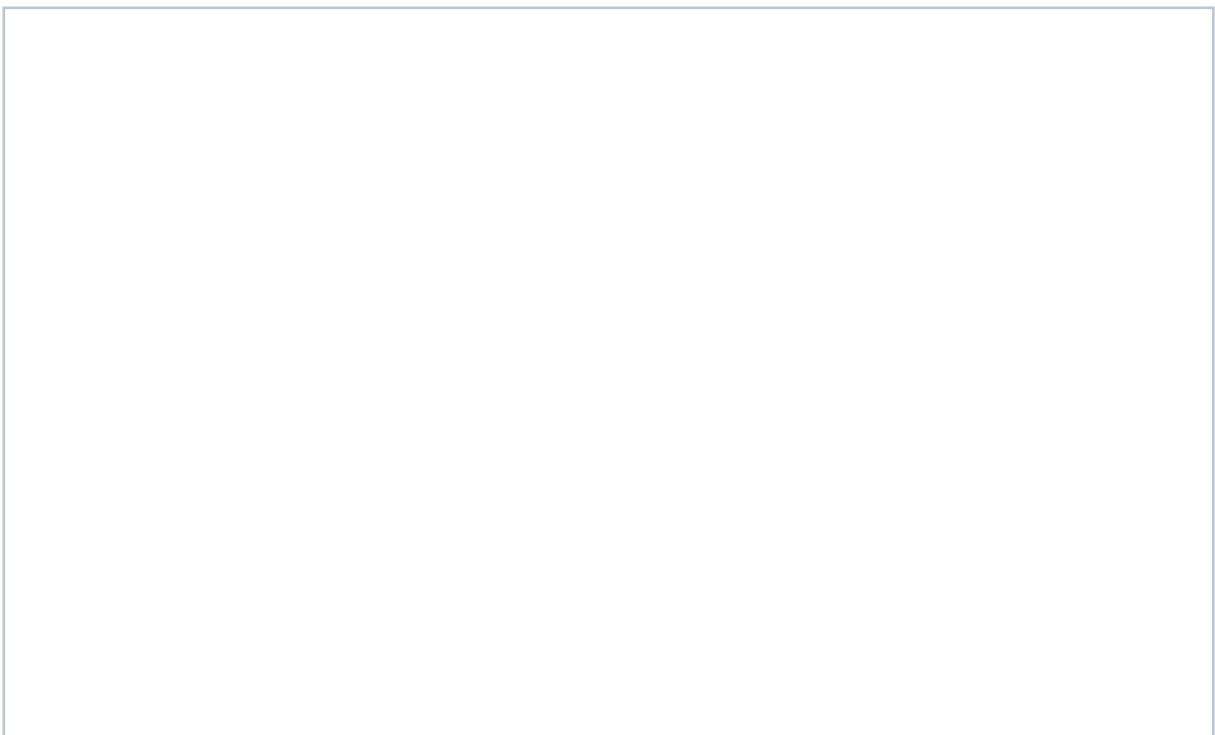
1. WHAT YOU HAVEN'T DONE YET BECAUSE OF YOUR SELF-DOUBT?

You may have a huge list – that's fine. Write down everything and then choose the most important thing right now, the one you want to start with.

A large, empty rectangular box with a thin grey border, intended for the user to write their response to the first question.

2. WHAT STORIES ARE HOLDING YOU BACK?

What excuses do you use to delay taking action? What have you told yourself about your capabilities, the world around you, or others that's preventing you from making this happen?

A large, empty rectangular box with a thin grey border, intended for the user to write their response to the second question.

3. UNDERSTANDING AND ELIMINATING YOUR EXCUSES

Excuses are like little lies we tell ourselves that limit what we can accomplish. And usually, they fit in one of these three categories. Look at the list you just made and place each excuse in one of these categories.

LACK OF TIME	LACK OF ABILITY	LACK OF MONEY

3 CHALLENGES THAT CAN HELP YOU ELIMINATE YOUR EXCUSES:

1

TAKE RESPONSIBILITY FOR HOW YOU SPEND YOUR TIME

Take a journal and write down everything you did in a day and how long you were doing it. Your ego may try to adjust your behavior to make yourself appear better on paper. Don't let that happen. Once you understand clearly where you are spending your time, you can manage it differently and finally find the time to do the things you have been delaying.

2

IF YOU DON'T KNOW HOW OR WHERE TO START

The answer you are searching for was likely already explained in a book, website, podcast or online video. Nowadays with access to the internet, you can develop virtually any new skill set, often for free. Your challenge is simply to pick up a computer or your phone and look for the answers.

3

IF YOU THINK YOU DON'T HAVE THE MONEY FOR IT

How much money do you really need to do what you want to do? There is any possibility to arrive at your end result without paying full price or any price at all? Your challenge is to define the lowest budget possible and make a savings plan for that to happen. Consider these options: side job, spend less, sell stuff that you no longer need, scholarship, crowdfunding...

Take Action

Your doubt creates mountains, but your actions move them. Expect it to be scary and a big deal. It's part of it. Feeling doubt is normal but letting doubt stop you, is a choice. And you can choose to take action instead of waiting until your self-doubt is gone. Even if you don't know exactly what you are doing, do something! The simple act of doing something will bring new ideas to your mind.

WORK THROUGH SELF-DOUBT

Sometimes just thinking about our goals is overwhelming. Use this journal to help you take action and make progress on each of your goals no matter the level of self-doubt you have.

1. WRITE DOWN THE GOAL YOU WANT TO ACHIEVE.

2. WHY DO YOU WANT TO ACHIEVE THIS GOAL? WHAT WOULD MEAN TO YOU TO ACCOMPLISH THIS GOAL? IT'S THE *WHY* BEHIND THE GOAL THAT DRIVES US.

3. CREATE THE MOTHER OF ALL TO-DO LISTS AS IT RELATES TO THAT SPECIFIC GOAL. IT WON'T LOOK SO OVERWHELMING IF YOU BREAK IT DOWN INTO LITTLE BABY STEPS.

4. CHOOSE ONE OF THE LITTLE STEPS ABOVE AND COMMIT YOURSELF TO DO IT. THEN MOVE ONTO THE NEXT, AND THE NEXT. REMEMBER TO IGNORE THE TO-DO LIST ABOVE WHILE YOU ARE WORKING ON EACH STEP. IT WILL HELP YOU NOT FEEL OVERWHELMED.

MY FIRST STEP IS

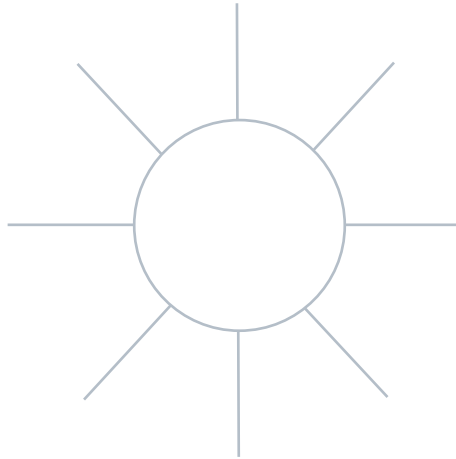
I WILL DO IT BY

You Have Got This!

When the lack of confidence in yourself kicks in, remind yourself that self-confidence is the belief in our ability to figure things out. Instead of focusing on your faults, reflect on the many successes you have enjoyed in your life. Remembering moments when you figured things out will help you build trust and confidence in yourself.

THIS IS ME

Create a self-confidence board of yourself. Write your name in the circle and excite your mind with big words about yourself. Our minds love exciting and dramatic words. Here are some ideas: *I'm an awesome soul, I'm a phenomenal woman, I'm amazingly beautiful, I'm incredible when I [BLANK], I'm exceptionally good when I [BLANK]*. You can also create this board digitally with your photo in the middle and keep it in your phone as a reminder.



HERE ARE 3 OTHER WAYS TO BOOST YOUR CONFIDENCE:

1

GET INSPIRED

Surround yourself with podcasts, videos, books and movies with an optimistic perspective. Learning how others overcame their struggles and achieved what they wanted can inspire you to achieve your own goals.

2

LEARN SOMETHING NEW

Don't hide in your comfort zone. Learning a new skill gives you a sense of accomplishment and purpose. The pride you will gain will stick to you. Plus, this new skill may be very useful to help you achieve other goals.

3

TRACK YOUR DAILY SMALL WINS

Keep a journal where you take note of your daily small achievements. Celebrate every step forward no matter how small it is. Be proud of yourself.

Fear of Failure

When you are afraid of failure and you don't take action, you kinda feel like a failure already don't you? Fear is happening because of excessive imagination. You are thinking about what may happen in many different formats. Learn what you can do when fear takes over you.

TURN FAILURES INTO WINS

We all fail at some point in our lives, but this doesn't mean we are failures. Failure is just an event, not a permanent character trait and we can turn each failure into a win. Think about a specific time you failed and ask yourself the questions below. Remember that the true measure of self-worth is not how we feel about our positive experiences, but rather how we feel about our negative experiences.

1. WHAT LESSON DID I LEARN?

2. HOW CAN I DO BETTER NEXT TIME?

3. WHAT ARE 3 GOOD THINGS THAT CAME FROM IT?

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ADDRESS YOUR FEARS

If fear paralyses you, know that fear is not the enemy. The problem is waiting for your fear to disappear. Answer the following questions to address each of your fears. You may realize that the worst that can happen actually isn't as bad as you first thought.

1. WHAT IS THE WORST THAT COULD HAPPEN? DESCRIBE THE WORST-CASE SCENARIO YOU CAN IMAGINE.

2. FROM 1 TO 10 WHAT IS THE LIKELIHOOD OF THIS NIGHTMARE TO OCCUR?



3. IF THAT WERE TO HAPPEN, WHAT WOULD YOU DO TO RECOVER & REBUILD YOURSELF?

4. WHAT IF THE BEST-CASE SCENARIO HAPPENS? WHAT WOULD YOUR LIFE BE LIKE? HOW WOULD YOU FEEL?

About Criticism

Criticism and judgment are natural and part of life, however they can keep us stuck. The thing is, we will be criticized whether we do it or not. People can say whatever they want, but we do not have to take it in. Opinions are subjective. Just because someone doesn't like what you do doesn't mean no one else will. Don't let the thoughts in other people's heads influence how you feel.

DEALING WITH CRITICISM

Just because someone criticizes you, doesn't mean you must agree with them. A person's opinion is not The Truth. It's just their truth. Although some opinions can be cruel, it's always better to focus our attention on those who support us. The questions below will help you understand how you usually react to criticism and create an action plan to better deal with it in the future.

1. HOW DO YOU USUALLY REACT WHEN SOMEONE CRITICIZES YOU? HOW DO YOU USUALLY RESPOND? WHAT'S YOUR DEFAULT MODE AT THE MOMENT?

2. IMAGINE THE CRITICISM YOU FEAR ACTUALLY HAPPENS. WOULD YOU RESPOND? IF YES, HOW WOULD YOUR BEST SELF RESPOND? WOULD YOU REPLY IMMEDIATELY OR WAIT FOR YOUR EMOTIONS TO CALM DOWN? WHAT'S YOUR ACTION PLAN?

EXTRA TIP:

LEARN FROM CRITICISM

When being criticized don't miss the opportunity to grow. Ask yourself: What could be true about this? Is there any part that I can use to grow and improve myself?

ZERO FEAR OF CRITICISM

We can choose what to worry about. It's not easy and it takes practice, but we can all do it. You can choose not to waste your time and energy thinking about what someone said about you and use this time and energy in a better way. Not worrying about it doesn't mean it's indifferent to you. It means that you are comfortable with the fact that it's different. It's about having your priorities very clear for yourself. Here is a little challenge for you: Write down 12 things you would do if you had absolutely zero fear of judgment or criticism. Then pick one and do it.
