

make peace with self-doubt



to get unstuck & live your purpose

Congratulations on taking action

It takes courage to take on this work. Self doubt is a part of being human but most of us are raised to hide our struggles behind a mask of peppy confidence.

Just admitting to yourself that you have self-doubt can be monumental. Taking the step to download this worksheet and self-coach yourself can be transformational.

What is self-doubt?

The Merriam-Webster dictionary defines it as:

lack of faith in oneself: a feeling of doubt or uncertainty about one's abilities, actions, etc.

Symptoms of self-doubt

- say no to opportunities because you feel like you're "not ready" or "not prepared enough"
- take course after course because you always need to learn something else before you can be good enough or be "the expert"
- don't enjoy the process of doing your work because it's never good enough
- don't tell people about your secret passions (art, music, climbing mountains, helping clients, building a business)
- listen more than talk because you don't think you have anything to add to the conversation

Side effects

- slow your growth because you spend time and energy on mental anguish
- prevent reaching mastery because you give up in the ugly duckling phase
- don't share your growth with the world as it's happening so they don't get to witness & support you on your evolution
- get stuck

THE goal

To accept self-doubt as part of being human so that you can grow and share your gifts with the world.



Part 1

Become an expert on your self-doubt

What do you have self-doubt around?

List out the people, places, experiences or tasks that you have self-doubt about.

AVOID using adjectives or long stories. Stick to the pure facts (like “work meetings” instead of “stressful work meetings” or “talking with clients” instead of “being a leader when I talk with clients”).

- example: teaching a webinar _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Choose ONE item from above.

What do you think about it?

Write down all of your thoughts. Feel free to go crazy with the adjectives!

- example: my webinars aren't getting me enough clients _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



What do you do (or not do) when you feel self-doubt?

- example: speak quietly and ramble
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What is this creating in your life?

What are the effects of self-doubt for *you*?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Part 2

Make peace with your self-doubt

Now that you see the impact that self-doubt has in your life, you're ready to take steps to healing your relationship with it. There are 2 pieces to this:

Step 1

Allow

Step 2

Build your belief

Step 1: Allow

First, the bad news. Self-doubt will never go away. It's a natural human response to doing things outside of your comfort zone. **Nothing has gone wrong if you feel self-doubt.**

Self-doubt is part of the growth process.

I know that when I feel it, it means that I'm doing something that is I am going to ultimately benefit from - and probably other people, too.

You don't want to push away self-doubt. That only makes it stronger and doesn't serve you.

You need to allow self-doubt so that it won't control you.

We are SO reluctant to feel negative emotions like self-doubt on purpose. We tell ourselves that feeling self-doubt is a bad thing because it feels bad, but **this isn't true.**

When you can allow yourself to feel self-doubt without trying to make it go away, it begins to lose its power over you.

So, how on earth do you do you *allow* self-doubt?

You'll be happy to know that there's a process. And, no, it won't kill you :D



How to feel your self-doubt

- When you notice the feeling of self-doubt, pause.
- Breathe slowly and deeply.
- Notice where it shows up in your body. Is it in your chest? Your whole body?
- Does it feel hard/soft, fast/slow, focused/general?
- Notice the thoughts around it. What stories come up?
- In your mind repeat over and over:

"I am processing this feeling of _____ (guilt, shame, self-doubt, etc)"

- *Don't try to fix it.*
- Notice any desire to react, resist, and avoid. Say the desire out loud or in your mind, or write it down. Don't act on it—just acknowledge it. Say "That won't help" or "That's not worth it" every time you notice the desire.
- Say to yourself something like *"This is self-doubt. This is part of my journey."*

Spend 5-10 minutes doing this and notice the difference.

How did it go?

Doing new things often feels awkward. Be compassionate with yourself and trust the process.



Step 2: Build your belief

Now that you've experienced allowing self-doubt (and that it won't kill you), you're ready to shift the beliefs that create the self-doubt in the first place.

Remember the exercise you did on page 2 to identify your thoughts? Most of those thoughts probably aren't serving you. You know this because you're feeling self-doubt and it's creating unwanted results in your life.

NEWS FLASH: Just because you think something doesn't mean it's true.

Thoughts are NOT the facts of your life. They are just judgements, opinions and stories. It's these stories that create your experience and determine if it's "good" or "bad".

Thoughts are INCREDIBLY IMPORTANT because it's thoughts that create your feelings.

When you think "I'm not a good enough fill in the blank", it's that *thought* that causes you to *feel* self-doubt.

This means that if you want to lessen your self-doubt, you can do so by **deliberately choosing different thoughts**.

Yes, it's simple. And oh so powerful.

So, what thoughts do you need to think in order to feel less self-doubt?

Some possibilities:

- Every time I do _____ I get better.
- Each time I make a mistake, I learn something valuable.
- I want to be an example of a true human being, not pretend I'm perfect

Your turn:

What do you need to think in order to feel less self-doubt?

Use complete sentences.

- Example: It's ok for me to make mistakes, that's part of being human. _____
- _____
- _____
- _____
- _____



How does that feel?

Ok, next question:

What do you need to think in order to feel courageous?

This can be a little tougher. The thought needs to be believable in order for it to work.

- Example: Every time I practice feeling self-doubt, I build my courage._____
- _____
- _____
- _____
- _____

Ok, to wrap this up, choose the most believable thought from the previous exercises.

Write it here: _____

This is your new mantra!

Now, your job is to **program it into your brain through repetition.**

Write it on a sticky note, write it out 100x per day, repeat it to yourself in the shower.

Program it into your head.

Repeat as needed.

Be consistent & you *will* change your relationship with self-doubt.

And remember,

You are amazing, just as you are!

