

CAREER COACHING



***STOPPING
SELF-DOUBT***

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STOPPING SELF-DOUBT

TIPS REPORT

This report includes powerful tips related to Stopping Self-Doubt.

*It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those people who are looking for even **more information**.*

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TOP TIPS

With everything going on in our lives, why do we insist on being our own worst enemies? We already navigate toxic relationships, jealous colleagues, and people who don't believe in us. Why do we decide to double down on all of that negativity by doubting ourselves? How many times has self-doubt held you back from taking a chance? While we can't control the world around us, we can control ourselves. If you want to nip self-doubt in the bud, then follow these nine tips.

- **Acknowledge The Doubt**

There is no benefit in ignoring your self-doubt. It won't help it get better, and it will still negatively impact your life. You need to recognize when you are experiencing self-doubt, and then acknowledge it. This is the first step to dealing with it.

- **Write Your Doubts Down**

A great way to acknowledge your self-doubt - and begin to address it - is to journal about them. Journaling your self-doubts allows you to get them out of your head, and it helps you spot any patterns or triggers that may be causing it.

- **Stop Making Excuses**

One of the most common ways self-doubt manifests is when you start making excuses. Have you ever caught yourself saying something like, "I can't do this because..." You need to actively try to quell these excuses when they pop into your head. It isn't easy, but try to keep it in mind next time you find yourself making an excuse.

- **Talk It Out With a Friend**

This is what friends are for, right? By talking about your self-doubts with a trusted friend, you get to vent and release your pent up frustrations. Your friend is likely going to address the doubt and make you feel silly for even worrying about it.

- **Reframe Failure**

One of the biggest reasons we doubt ourselves is a fear of failure. We don't want to try something new if it is only going to lead to disappointment. This is why we all need to reframe failure. It isn't a bad thing! Failing is good. If you try something and fail, you have just learned a lesson. Failure is nothing more than a powerful lesson learned.

- **Forget About What People Think**

Another big reason we doubt ourselves is worrying about what others will think. You might look silly, after all. Who cares? The reality is, people are so busy with their own lives that they aren't thinking about you. Focus on what you and your closest loved ones think, and ignore the rest of them.

- **Immerse Yourself in Positive Material**

Self-doubt is often a symptom of a generally negative attitude. A great way to deal with that is to immerse yourself in positivity. Finding sources of positivity - be it a book, video, nature, or close friend - is a great way to help ward off those negative thoughts that lead to self-doubt.

- **Catch Them Quick**

Self-doubt is a sneaky feeling. Quite often, the more you think about it, the worse it gets. This is why you must catch your self-doubts quickly. Once you notice you doubt yourself, try to flip your inner dialogue immediately to something more positive.

- **Learn Something New**

One of the best ways to address your doubts is by learning a new skill. You can choose to learn skills that directly address your self-doubt, but just learning, in general, will boost your overall optimism. It's never too late to learn a valuable new skill.

ACTIONABLE STEPS

1	2	3
Start a self-doubt journal. Using a notebook or phone app, start jotting down your self-doubts. This will help you figure out any recurring doubts or triggers that you can try to avoid.	What makes you feel optimistic? Find different things that help you feel more optimistic in general. These can take many forms; books, speakers, hobbies, videos, etc... Try to embrace whatever helps quiet your negative thoughts.	Learn a new skill. Choose something you have always wanted to learn more about, and then take the first steps towards achieving that goal. You can start by finding local courses related to the skill. If that doesn't work, look for online learning opportunities.

FURTHER READING

- The Self Confidence Workbook: A Guide to Overcoming Self-Doubt

<https://amzn.to/3BzKh1i>

- Own Your Greatness: Overcome Impostor Syndrome, Beat Self-Doubt, and Succeed in Life:

<https://amzn.to/3avHGcE>

- The Self Love Journal: Banish Self-Doubt

<https://amzn.to/3Dorl6a>

- Un*uck Yourself: Get Out of Your Head & Into Your Life

<https://amzn.to/3Aw18AQ>



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