# STEPS TO CONQUERING Set Doubt & BUILDING CONFIDENCE

OUR MINDS CAN LEAD US TO BELIEVE THAT OUR SELF-DOUBT IS TRUTH.

USE THESE 4 STEPS TO RECOGNIZE WHEN SELF-DOUBT AND COMPARISON

ARE TAKING OVER, SHIFT YOUR THINKING AND REBUILD YOUR SELF
CONFIDENCE ONCE SCENARIO AT A TIME.



RECOGNIZE WHEN YOU ARE FALLING INTO A COMPARISON TRAP
AND IMMEDIATELY CHANGE YOUR PHYSICAL SETTING



IDENTIFY THE LIMITING BELIEF YOUR BRAIN IS TELLING YOU AND CALL IT OUT VERBALLY OR IN WRITING.



EXPLORE THE ALTERNATIVE TO YOUR LIMITING BELIEF. WHAT IS THE OPPOSITE OF WHAT YOUR BRAIN IS TELLING YOU IS TRUE? CONSIDER THE POTENTIAL THAT THE OPPOSITE BELIEF IS TRUE.



WRITE DOWN OR VERBLIZE AT LEAST ONE THING YOU ARE PROUD OF OR ONE THING YOU LOVE ABOUT YOURSELF

MYCANCERCHIC.COM



# **EXAMPLE**

I JUST FINISHED CREATING TONS OF CONTENT, I AM FEELING PROUD AND INSPIRED. I HAVE A NEW POST UP AND I AM SCROLLING SOCIAL MEDIA. I COME ACROSS A PEER WITH 500 LIKES ON A RECENT PHOTO. LOOKING AT MY POST IT'S GETTING POOR TRACTION AND VERY FEW LIKE. NOW THE COMPARISON GAME BEGINS. I START FEELING SAD, UNWORTHY AND DOUBTING THE VALUE OF MY CONTENT. THIS SPIRALS INTO ME QUESTIONING MY ENTIRE SELF-WORTH



## **RECOGNIZE THE SELF-DOUBT CYCLE | CHANGE SETTING**

I GET OUT OF BED AND PUT MY PHONE DOWN AS SOON AS THE NEGATIVE FEELINGS TAKE OVER.



### **IDENTIFY THE LIMITING BELIEF**

"THE LIKES AND ENGAGEMENT ON EACH POST DETERMINES MY VALUE & SELF-WORTH"



### **EXPLORE THE ALTERNATIVE**

"THE LIKES AND ENGAGEMENT ON EACH POST IS NOT A REFLECTION OF MY VALUE & SELF-WORTH."



### **REFOCUS ON SELF-LOVE**

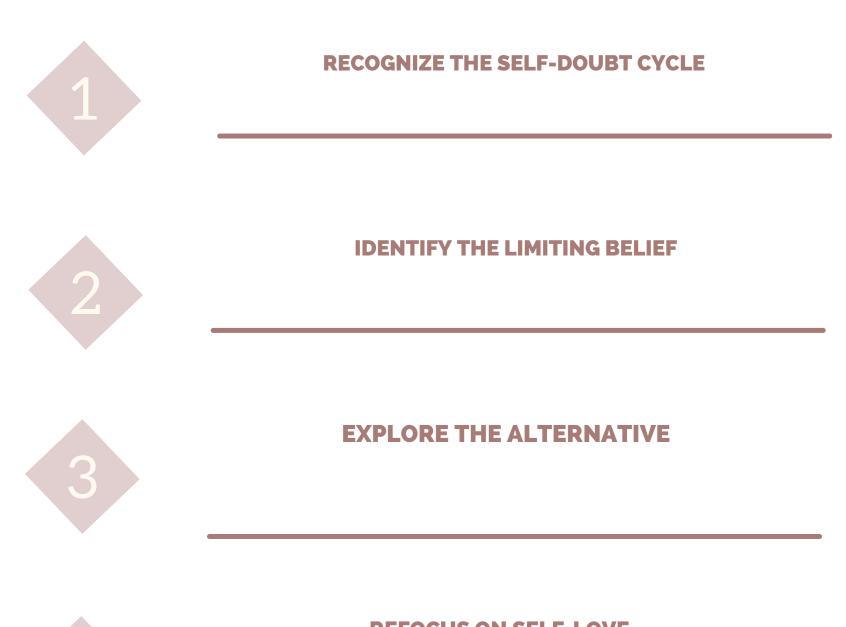
I AM PROUD OF THE CONTENT I CREATE WHICH IS
ALIGNED WITH MY MISSION AND REPRESENTS MY CORE
VALUES OF AUTHENTICITY AND COMPASSION.

MYCANCERCHIC.COM



# WORKBOOK

NOW IT'S YOUR TURN. TAKE CONTROL OF YOUR LIMITING BELIEFS, CONQUER SELF-DOUBT & REBUILD YOUR CONFIDENCE



REFOCUS ON SELF-LOVE

REFLECT ON HOW YOU FEEL. THE MORE YOUR PRACTICE THESE 4 STEPS IN MOMENTS OF SELF-DOUBT THE EASIER IT WILL BECOME

HOW TO CONQUER YOUR &BUILD

CONFIDENCE

MYCANCERCHIC.COM