



# STEPS TO

# CONQUERING *Self 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**

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## 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.



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## WORKBOOK

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



### RECOGNIZE THE SELF-DOUBT CYCLE

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### IDENTIFY THE LIMITING BELIEF

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### EXPLORE THE ALTERNATIVE

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### REFOCUS ON SELF-LOVE

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

A woman with blonde hair, wearing a black lace bra and matching underwear, stands in front of a white door. The image is overlaid with a semi-transparent brown filter. The text is centered and reads: HOW TO CONQUER YOUR *Self-Doubt* & BUILD CONFIDENCE.

HOW TO  
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