

Tip Sheet

Tackling Self Doubt

TIPS

People Pleasing

There will always be people who intentionally or unintentionally tread on your self esteem if you let them. Caring about people, and caring about what they think are two very different things. If you're a people pleaser, you may be sacrificing your precious time and energy on what you imagine is true.

Self Trust

Do you trust yourself? Do you keep promises and follow through on commitments? You start to doubt yourself when you fail to meet commitments. This is why over committing causes so much stress.

Meeting Goals

Strive to meet goals - your goals. Give less attention to random measures or goals other's set for you. Rather than let outside influences determine your focus instead of holding fast to who you are, focus on what is important to you. Are you working harder to prove yourself to someone?

What Others Think

Most people aren't spending their time thinking about you, they're doing what you're doing - thinking about themselves. Once you manage to focus your thoughts outward, on what you can

do for others, you'll find it's far more productive than focusing on what you imagine others are thinking about you.

Challenge versus Perfectionism

If you like to be challenged, expect less than perfect.

Internal Dialogue

Recognize your triggers. When you hear the internal self-doubt gremlin speaking up, acknowledge, then firmly silence it.

Read the full article [here](#).



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