



3 Tips to

*CONQUER
SELF DOUBT*

know more. do more.



*CONQUER
SELF DOUBT*

WRITE A LIST OF YOUR TOP DOUBTS



*CONQUER
SELF DOUBT*

WRITE A REBUTTAL STATEMENT NEXT TO EACH ONE

DOUBTS

REFRAMING



CONQUER SELF DOUBT

Exercise for taming your inner critic

Here's some suggestions to help distance yourself from your inner critic and self judgement.

1. When you notice the self judgement creeping in, address with a silly name: Slimy Susan. Write your critical thoughts down on a piece of paper and distance yourself from the paper.
2. Try drawing your inner critic, add a funny hat or face.
3. Adding any humour helps to disempower the emotion behind the feeling.



CONQUER SELF DOUBT

Exercise for self criticism

Here's a daily exercises that's been shown to significantly lower chronic self criticism in multiple research of the last 10 years.

1. Step into the role of a compassionate coach every morning for 10 minutes
2. Ask the question - What is someway I could be more compassionate with myself today
3. Offer some encouraging words to yourself "I know it's a little scary, but you can do it. ""Go for it, you know how important this is to you""You're doing great __, keep going"