



6 Steps to Overcoming Self-Doubt

1. Let go of everyone else's opinion. You inhibit yourself, when you care about what everyone else is thinking of you. You'd rather not do anything and not get judged, than do *something* and risk criticism. When you spend your time worrying about what other people are thinking of you, you stop yourself from reaching your full potential. If you have dreams for your future then you must let go of what everyone else thinks; or else, you'll find yourself in a constant state of self-doubt.

2. Compare your accomplishments only to YOUR aspirations rather than to others' accomplishments. You may find that you doubt yourself the most when comparing what you're doing with what other people are doing. When you compare your accomplishments to others', you'll most likely start feeling inadequate. You'll find that you are most successful in your personal and professional life when you're following what works for *you* and what makes *you* feel good.

3. Identify your biggest fans and then nurture those relationships. We believe at EkoYOU that you don't need to go it alone. Sometimes all you need is a little reassurance, and your biggest fans are most often the people who give that to you and tell you you're awesome just because.

We all have nurturing relationships, just look out for them, look after them and draw strength from them.

4. Let go of the need to know HOW you will create what you want. You probably don't know how you will create your dream, especially not in the beginning. That's the way it's supposed to be! We often end up doubting ourselves when can't see how we can create what we want. Or, sometimes we think of one way to create it and think that we aren't capable of doing it. Let go of this kind of thinking and trust that if you have a vision that excites you, you have within you what it takes to create it. And trust that you will be given what you need to make it a reality, when you need it.

5. Remind yourself of how important your dream is to you. Give yourself five to 10 minutes of free time to spend focusing on your vision of what you want and how you will **feel** when you've created your dream. Let yourself feel these positive emotions and imagine that you have already living your vision. Let yourself get excited, these positive emotions will energize your vision and allow it come to you faster. This reminder of why your vision is important to you can help you set that doubt aside.

6. Be a witness to the voice of self-doubt. As you notice the voice of doubt coming up, watch the thoughts that come up rather than taking part in a self-doubt fest! Recognize that it is the voice of the part of you that wants to keep you the same and to keep you in familiar territory. Distancing yourself from this voice can help you to gain perspective so you are still in charge and your doubting self is not. Let go of the need to fight it, just allow the doubt to be expressed and move on.

Go you! Please reach out and share this others who might just need to hear it :o)