



KEEPING A LID ON SELF DOUBT



DARE GROUP AUSTRALIA



EVERYONE EXPERIENCES SELF DOUBT

We all have self doubt. in some way, small or large, hidden or on display. Decision paralysis, imposter syndrome and fear keeps the rumble alive and the lid off our success



*Following are 8 mindset strategies
to help keep a lid on the doubt.*



REALITY TRUTH BOMBS

Many people who appear to be super successful and smashing may be pretending.



“appearances can be deceiving”

The old fake it till you make it ethos can be often at play here as the mirage is not reality



SHARE TO DIFFUSE

Doubt thrives on the delusion of silence and its cousin of shame. Sharing that you are feeling unworthy or a fraud breaks the energy cycle.



“silence destroys - sharing strengthens”

Give yourself and others permission to accept you are all part of a moving life train of feelings.



THE JAM JAR

When we are inside our own jam jar we cannot see our own label.. But others can.



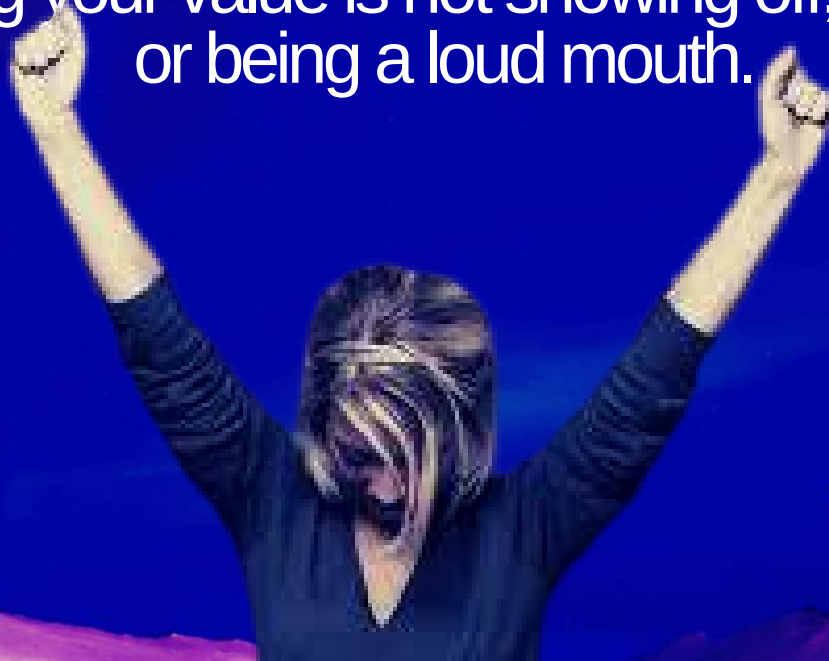
***“reality statements are
not value judgements”***

Get perspective to quell the self judgements. Is it really true what you believe? Mostly it's not.



OWN YOUR BRILLIANCE

Everyone has skills and value that are uniquely brilliant. Communicating with honesty and owning your value is not showing off, bragging or being a loud mouth.



“ you did it, you rocked it - you own it ”

If you dont believe you are worthy, then how can you expect others to?



COMPARISON RABBIT HOLE

If you are comparing yourself with others
STOP NOW as its a rabbit hole of angst.
Understanding your unique differentiation is
critical and focus on being different



***“ no one does exactly what you do
in the exact same way you do it ”***

Compare what you did yesterday to what
you did today and keep learning



PERFECTIONISM POPPYCOCK

100% perfectionism 100% of the time is stuff of fairy tales. Procrastination sits in the centre of perfectionism thwarting action and progress



***“ perfectionism is a fairy tale
without a happy ending ”***

Done well is enough - give yourself a break!



SABOTAGING HELP

Are you self sabotaging by denying advice and the services desperately needed for all the wrong reasons. Are you using excuses for your fears of success and action?



“stop making bullshit excuses that keep you small”

Check your real motivations for decisions and non decisions .



JUST DO IT - DIVE INTO COURAGE

Action is the only way to get into flow and lose the self doubt. Practice, persistence and courage are the fuel to knock fear



“ never miss a chance - dive in ”

There is no guarantees except to just do it, despite the fear - which is natural.



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