

Self-Doubt Action Guide



SPILLING
THE
BEAN

CONQUER
SELF-DOUBT
&
BELIEVE IN
YOURSELF

Take full advantage of this self-doubt guide! This is an opportunity to align your heart and mind. I hope this resource can be helpful in your quest to conquer self-doubt.



LET'S DO THIS!

Self-Doubt:

A lack of faith in oneself a feeling of doubt or uncertainty about one's abilities, actions, etc.

Meaning...

You're in a position of insecurity. You lack confidence in parts of who you are. Or you're in a state of uncertainty about a number of things.

Maybe all of the above.

The good new is... **We can conquer this.**

Get your **pen** ready or warm up your fingers to beat on the **keyboard!**

We're about to get to **WORK!**

CONSEQUENCES OF SELF-DOUBT

Feeling Worthless
Insecurity
OVERTHINKING
Avoidance
People-Pleasing
Comparison
Negative Inner Critic
Anxiety
Worry
Freeze Response
Boxing-in
Indecisiveness
FEAR

*That's a lot of shit to deal with & carry around.
So let's move through it!*

CHALLENGING NEGATIVE THOUGHTS

Now that we have tracked moments of doubt...

Question the doubt!

Ask yourself what is the negative chatter I'm telling myself?

Ask yourself "WHY" for the situations you've identified.

Ask yourself questions when caught in a moment of doubt.

SPOT CHECK!

Some examples:

If this were a dear friend, would I have these same doubts?

What am I assuming?

What are the facts about this current situation?

What is the validity of these thoughts?

Write down your questions. Challenge the doubt.

CHALLENGING NEGATIVE THOUGHTS

Next, we're going to **REPLACE** negative thoughts with positivity. Use either the total opposite, the **truth**, or an **affirmation**.

Some examples:

"I can't do this" **to** "I am wildly capable"

"I don't know how" **to** "I am prepared and stacked with abilities"

We want these positives to be **VISIBLE**

Keep them close!

Jot down a couple on paper & put in your wallet or purse

Stick Post-it notes around

Write it in a dry-erase marker on your frickin mirror!

Hang a list close to your workstation

Write some in your planner

We need to be reminded of our magic and greatness

GOAL SETTING



Goal setting is crucial to development.

Motivation & commitment builds when we set goals.

We gain clarity, focus, & direction.

The Plan: Set achievable goals.

The key is to break down the BIG goals. Break them down into smaller, manageable steps, and focus on one piece at a time.

Celebrate **EVERY** frickin' win!

Acknowledge & celebrate ALL of your achievements, even those you think are small.

We're building momentum and reinforcing how capable we are.



GOALS & WINS

SPILLING THE BEAN

Record your achievable goals: Small steps, piece by piece

- _____
- _____
- _____
- _____
- _____
- _____

Write down those WINS & CELEBRATE them!

- _____
- _____
- _____
- _____
- _____
- _____

BUY STICKERS! SHOUT YOUR ACCOMPLISHMENTS!

“

“EVEN FLOWERS
WINCE WHEN
THEY BLOOM
&
WILDFLOWERS
GROW IN THE
MOST
UNEXPECTED
PLACES”

SPILLING THE BEAN

PRACTICE SELF-COMPASSION

Be kind to yourself

BE GENTLE!

Mistakes will be made, setbacks will happen.

No doubt, these things are going to occur.

Be a friend to yourself. LITERALLY! Treat yourself like a friend who made a mistake or had a setback. Get excited for yourself like you would for a friend who's doing well.

Take care of yourself. Not just a manicure.

Things that bring joy, excite you, & nurture your soul

Eat well, move your body, breathing exercises, proper skincare, stretching, supplements, books or puzzles... nourish yourself.

Put it in writing... How are you going to show up for yourself?

SELF-CARE TIPS

- Read
- Stretch
- Go for a long, scenic drive
- *Scents*: surround yourself with fragrances you love
- *Free-Write*: Whatever comes to mind, a brain drain
- Put on your favorite cozy outfit
- Watch something light & fun... or rewatch a fav
- Nap!
- Walk or Exercise
- Build a Routine or Ritual
- Dance it out
- Get out in NATURE!
- Declutter: Your phone, a drawer, a room
- Seriously though... take a long nap
- Have a good cry
- Drink a nice cup of warm tea
- Bake brownies & lick the damn spoon
- Order in/Take out

I'm going to ask that you commit to at least 2 self-care practices & stick to it!
Schedule it, write it on your to-do's- just make self-care a priority.

FORGIVE YOURSELF

Let go of past mistakes & failures. It already happened. If you can't forgive yourself, you will continue to doubt yourself. Meditate and repeat this mantra "I forgive myself for judging myself." Say as many times as you need to.

Here is a list of **Mantras** for **Self-Forgiveness**:

- I am human
- I learn from my mistakes
- I allow myself grace
- I am healing
- I am blooming and growing
- I release negative thoughts from my mind and my life
- I am worthy of forgiveness
- I lay down the heavy weight of shame, guilt, and embarrassment
- I move beyond my mistakes
- I am moving forward
- I let go of shame and guilt
- I am not defined by my mistakes or past incidents
- I love, forgive, and accept myself with every and all imperfections
- I am learning to understand myself
- I dare to heal
- I accept that I did the best I could at the time with what I knew and didn't know
- I am wiser
- I forgive myself with ease, sincerity, and loving compassion



Thank you for being wonderfully you!



SUPPORT SYSTEM

A **support system** is a group of people, *or resources*, to rely on for help, advice, and encouragement, especially during tough times.

Your *system* can include... friends, family, mentors, or outside resources that provide emotional, practical, or moral support.

Why is this important?

We need emotional, practical, & social support to help navigate & conquer challenges.

Support *provides*...

- Motivation & encouragement

- Different perspectives & advice

- A sense of belonging

- Offer solutions

Lean on your support system when you're overwhelmed or in need of **HELP!**

We all need our people, our people keep us going.

There's peace and ease when you know you're not alone



WHO ARE THEY?

Your processors

Trusted friends

A Mentor or Coach

A Therapist

Or Me!

- I am always here to show love & support xo

Think of 2-3 people in your life that you can talk to openly. Those who show you compassion **AND** will be honest with you.

Sometimes talking it out can alleviate the burden of doubt.

List them here



Drop the judgment, no shame
Change isn't comfortable
It's a series of small *moments* that
build on each other
Little moments hold *big* meaning
We have to find sanctuary in the
little *moments*.



REVIEW & ADJUST

I would recommend CHECK-INS

- ✓ Review your progress, periodically
- ✓ Evaluate areas where doubt is lingering
- ✓ Adjust strategies as needed
- ✓ Be open to trying new techniques
- ✓ Evolve your approach

Understand this is a continuous process

A FEW TIPS

Take action, even
when you're afraid

Face your fears

Embrace discomfort

SPILLING
THE
BEAN

MEET YOUR MENTOR



Thank you for taking the time to utilize this guide! I hope it's a supportive & empowering tool you use over & over again for continued strength & success.

It is a privilege to be part of your fearless action towards blooming & growing.

Ready for more?

Continue following [@spillingthe_bean](#)

Reach out to eileen@spillingthebean.co

We can connect & chat about personalized guidance to conquer self-doubt & embrace fearless living.

