

SELF-DOUBT

ROOT CAUSES AND STRATEGIES TO MANAGE THEM

NEGATIVITY BIAS [Over-emphasizing or fixating the bad]

- Reflect on big and small wins and past experiences when you were brave
- Stop making uncertain things certain
- Focus on challenges in your control
- Make a list of what can go right
- Make a habit of taking action
- Make self-affirmation statements routine
- Talk through thoughts with someone to provide objective perspective

“ We suffer more in imagination than in reality.

SELF-CONSCIOUSNESS [Avoiding embarrassment or shame]

- Remember criticism from others is more a reflection on them than it is on you
- Remember everyone is more concerned about themselves than you
- Don't take yourself too seriously; laugh at your mistakes
- Let others know you are learning or trying
- Journal and exercise to boost positivity
- Set affirmative goals with more "when's" vs "if's"

“ Regret is being what others want rather than being yourself.

PERFECTIONISM [Overly focused on outcomes and high expectations]

- Focus more on the journey and less on the outcome
- If it won't matter 5 years from now, don't spend more than 5 minutes worrying about it.
- Realize no one is fully ready, so you don't have to be either
- Appreciate the value of being a novice and "fresh eyes" perspective
- Remember you are rarely stuck with any decision or result
- Reflect on what you've learned by doing
- Break big projects down into small steps

“ Success is a journey, not a destination.