



A GUIDE TO GETTING STARTED WITH

# OVERCOMING SELF-DOUBT AND BUILDING CONFIDENCE





# HI THERE, I'M WANEKA

I'm a certified professional coach specializing in supporting people to overcome self-doubt, build confidence, and conquer their fears to create a life they love. I know firsthand how challenging it can be to navigate obstacles on the journey to success. I'm passionate about helping my clients overcome those obstacles and maximize their full potential.

I share with you this guide with tips that I've personally experienced and used with clients just like you. I hope you find it helpful on your own journey to self-discovery and empowerment.



"EACH TIME YOU  
FACE YOUR  
FEAR, YOU GAIN  
STRENGTH,  
COURAGE, AND  
CONFIDENCE IN  
THE DOING."

- MAYA  
ANGELOU



# 01

## IDENTIFY THE ROOT CAUSES OF YOUR SELF-DOUBT

As you reflect on the self-assessment, pay attention to the themes and patterns. These may be the root causes of your self-doubt.

For example, you may have a fear of failure due to past experiences of being told that you're not good enough.

Once you identify these root causes, you can begin to work on addressing them.

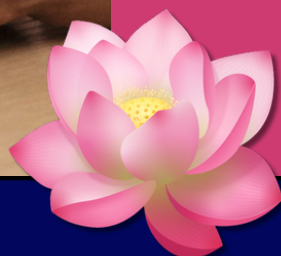


# 02

## CHALLENGE NEGATIVE SELF- TALK

Self-doubt often comes from negative self-talk. We may tell ourselves that we're not smart enough, talented enough, or capable enough. However, these beliefs are often not rooted in reality.

Challenge negative self-talk by questioning its validity. Ask yourself, "Is this thought true?" and "Is there evidence to support it?"



# 03

## SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

It's important to have people in your life who believe in you and support you. Surround yourself with friends and family members who lift you up and encourage you.

Join a community of like-minded people who can provide you with additional support and understanding.

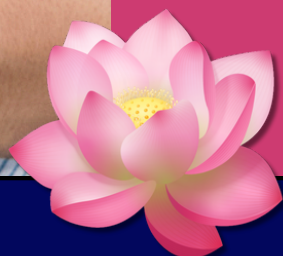


# 04

## CELEBRATE YOUR SUCCESSSES

Often, we're quick to dismiss our successes and focus on our failures. However, celebrating your successes can help you build confidence and reduce self-doubt.

Keep a journal of your successes, no matter how small they may seem. When you're feeling down, read through the journal to remind yourself of all the things you've accomplished.



# 05

## PRACTICAL SELF-CARE

Self-care is essential for building confidence and reducing self-doubt.

Take care of your physical, emotional, and spiritual needs. Make time for activities that bring you joy and relaxation. Practice self-compassion by treating yourself with kindness and understanding.



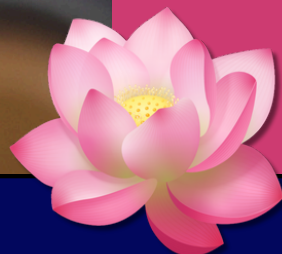


# 06

## CONSIDER THERAPY

If you find that your self-doubt and fear are rooted in deeper issues such as past traumas or anxiety disorders, it may be helpful to seek the guidance of a mental health professional.

A therapist can provide you with the tools and strategies to manage your emotions, reframe negative thoughts, and build resilience.



# 07

## WORK WITH A COACH

A coach can provide you with personalized support and guidance as you work towards your personal and professional goals.

They can help you identify your strengths and weaknesses, create a plan of action, and hold you accountable as you take steps towards building confidence and overcoming self-doubt.

Working with a coach can be a powerful investment in yourself and your future.



# SUMMARY

1. IDENTIFY THE ROOT CAUSES OF YOUR SELF-DOUBT
2. CHALLENGE NEGATIVE SELF-TALK
3. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE
4. CELEBRATE YOUR SUCCESSES
5. PRACTICAL SELF-CARE
6. CONSIDER THERAPY
7. WORK WITH A COACH TO REALIZE YOUR DREAMS

Overcoming self-doubt and building confidence is a process that takes time and effort. You can use these tips to begin to build a strong sense of self-confidence and belief in your abilities. Remember, you are capable and worthy of success and happiness.

With care,  
Waneka



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