

DON'T DOUBT

When we are in a place of feeling bad about ourselves, the world seems darker, and we start to lose our fire and our optimism and our willingness to put ourselves out there in the world, and we lose our courage to step outside of our comfort zone and try new things and go after those big goals and dreams.

But stepping outside of our comfort zone and doing hard things is actually what helps build our confidence and neutralize those feelings of self-doubt. The more we can face our fears, the stronger we become.

STRATEGY #1

TALK ABOUT IT

The first strategy is to stop letting all those feelings just well up inside, and to actually talk about it. This might mean talking to a friend or to your spouse, or maybe even to a professional. But talking about it with someone—maybe even multiple someones—is important for a couple of reasons. First, it gives you a much-needed perspective that is different from the very warped perspective that is happening inside your own head. Second, just talking about what's going on inside your head can actually help alleviate those feelings of inadequacy.

STRATEGY #2

TAKE ACTION

The second strategy for breaking free of that downward spiral is to take some sort of action in the right direction—EVEN WHEN YOU DON'T FEEL LIKE IT. Take even the smallest step in the right direction, and let that step in the right direction be the motivation to take the next step, and then the next step after that. Do it even if you don't feel ready. Do it even if you don't feel capable. Do it even if you're terrified.

STRATEGY #3

PUT YOUR BLINDERS ON

The third strategy is to put your blinders on. Because if you are struggling with comparing yourself to the people around you, and if that comparison is leaving you paralyzed, then it is time to STOP LOOKING.

STRATEGY #4

CHANGE THE SCRIPT

Whatever your voice is saying, and whatever your limiting beliefs may be, I guarantee they are there. And while we can't always stop those limiting beliefs from popping up or that voice from whispering in our ear, we can refuse to listen to those words! The reason our limiting beliefs have so much power over us is because we don't actually realize that what we are hearing inside of our head isn't necessarily based on truth, but based on fear.