

"OVERCOME DOUBT" EXERCISE

Fill in the “Overcome Self-Doubt” chart with the self-sabotaging beliefs you have, and how they are holding you back from living the life you desire. Then, “reframe” that belief with a new empowering statement.

Overcome Self-Doubt

Self-Sabotaging Belief	How This Affects My Life	New Empowering Belief
Example: It is too late for me to find a new career. I have to remain stuck in a job I hate.	I am miserable at my job. It is draining the joy and energy out of my life.	It is never too late to do the things I want to do in life! I have the courage and resources I need to pursue a new career that is more fulfilling.