

Overcoming Self-Doubt

A free resource from Lillian Ngonoi
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Step-by-step exercises to challenge self-doubt and rebuild your confidence.

Sometimes the person standing between you and the life you want isn't your circumstances.

It is the voice inside your head telling you that you aren't enough.

Not qualified enough.

Not talented enough.

Not experienced enough.

Not ready enough.

Self-doubt can make an opportunity look like a threat. It can convince you to remain silent when you have something valuable to say and make you abandon an idea before you have given it a chance to breathe.

The frightening thing about self-doubt is that it often sounds reasonable.

"Maybe someone else can do it better."

"Maybe this isn't the right time."

"What if I fail?"

But confidence does not mean knowing you will succeed.

Sometimes confidence is saying, "I may not know exactly what will happen, but I am willing to try."

You don't have to wait until you feel completely confident.

Start while your hands are shaking.

Speak while your voice is uncertain.

Apply.

Create.

Ask.

Try again.

Let your experience teach you instead of allowing your fear to predict your future.

And remember: you have survived things you once thought would break you.

There is evidence of strength in your own story.

Don't allow a voice that has never built your future to become the authority over it.