

EMBRACING SELF TRUST VS SELF DOUBT

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★ Definition: What is Self-Doubt?

Let's talk real – self-doubt is that annoying inner voice, throwing shade on your talents, making you question your worth, skills, and all the amazingness that is you. It's like a clingy ex or critical boss voice holding you back from embracing the fierce, fabulous woman you are.

Self Doubt sneaks into your thoughts, messes with your confidence, and throws shade on your sparkle. It's time to expose this unwanted sidekick and reclaim your boss babe status.

Why Kick Self-Doubt to the Curb?

1. **Unlock Your Hidden Superpowers:** Imagine unlocking a treasure chest of your superpowers! Crushing self-doubt is like discovering your superhero cape. Get ready to redefine what's possible for the unstoppable force that is you.
2. **Become a Resilience Queen:** Picture this – you, the queen of resilience! Beating self-doubt builds a shield of strength. Transform challenges into your personal runway and strut through life's uncertainties like the queen you were born to be.
3. **Your self-trust affects how you connect:** Let's chat about relationships – the real, authentic kind. Clearing up self-doubt positively impacts your connections. Break free to develop genuine, fabulous relationships that match your queen status.

Your voice is the most important voice
YOU WILL EVER HEAR!



Start by getting curious
about yourself

YOUR JOURNEY & SELF DOUBT

1. How often do you find yourself **judging** yourself, **questioning** your abilities, **overthinking** an event or telling yourself "you could have done better"?

Rarely Occasionally Frequently Almost Constantly

2. In which **areas of your life** do you do it or feel stressed by it?

Career/Professional Relationships Personal Development Health and Wellness Other (Specify): _____

3. What kind of things do you say to yourself when you feel you have failed or are not going to be perfect?

4. If you were talking to a friend/younger sibling who was being hard on herself or doubting herself.... how would your tone and approach be different?

5. What would your life/career/relationship look or feel like if you became your **biggest cheerleader**? And if you absolutely **trusted yourself**, **approved** of yourself and were **compassionate** to yourself? What would change?

Join my masterclass one to one program to begin eliminating the patterns that may be holding you back and discover actionable steps toward trusting yourself fully.



DOUBTFUL
TO
CERTAIN



POSITIVE AFFIRMATIONS TO HELP OVERCOME SELF DOUBT

Read these aloud, record them on your phone and listen.. what happens to you when you hear them? Affirmations are gentle reminders but remember they don't work if you have inner obstacles ... so they are only a start or a confirmation once you have done deeper work



I trust in my abilities and believe in my potential to overcome any challenges that come my way

My past does not define me; each day is a new opportunity to learn, improve, and showcase my strengths

The only opinion that really matters is my own and I know I am and do enough

My unique qualities and talents contribute to the world in meaningful ways.

I trust in the value I bring I am resilient, and setbacks are stepping stones to my success

I am deserving of self-compassion. I acknowledge my worth, and I am kind to myself in moments of doubt

Each day is a new opportunity to learn, improve, and showcase my strengths



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MASTERCLASS NEWS

This guide is a companion to our upcoming masterclass on overcoming self-doubt. Email me nlpwithshilpa@gmail.com or contact me +254722756606 for a ticket to the next online event

Preview of the upcoming online masterclass

- Common personal limiting beliefs and inner blocks
- Reasons why we may have more of these than other people
- Practical tools and ways to cultivate more confidence and self compassion – and still get even better results and happiness with ease
- You will receive expert coaching by Shilpa on some of your key blocks so that YOU will feel the shift
- We will apply cutting edge tools for programing your mindset to a more healthy and powerful one
- You will leave with an action plan and feel motivated to move forward
- Deeper insight and clarity around what your life, career or relationships will look and feel WITHOUT the blocks



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