

# OVERCOMING SELF-DOUBT

## The Journey of Self-Love

### 1. AWARENESS

#### Self-doubt is a habit!

If you want to change your habit of self-doubt, begin by observing where, when and with whom you experience self-doubt. Ask yourself, "How is this serving me?"

### 2. THOUGHTS

#### Our thoughts control our emotions

Begin to replace thoughts and feelings of self-doubt with positive thoughts and feelings. Over time, this will rewire your brain.

### 3. PRACTICE

#### Change takes practice

Practice, practice, practice until your new habit of self-belief has been firmly established in your thinking, your emotions and in your body.

### 4. LANGUAGE

#### Words are weapons

Discard any negative, demeaning self-talk. It is a form of abuse. Replace negative self-talk with words of support, encouragement and compassion.

### 5. AUTHENTICITY

#### Your truth will set you free

Being yourself is the greatest gift you can give yourself. It takes openness, courage and self-love to show up in your vulnerability.

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