

ERADICATING SELF DOUBT





“Our **doubts** are traitors,
and make us lose the
good we oft might win, by
fearing to attempt.”

William Shakespeare.





What stops the:

- Boy asking the boy/girl on a date,
- Girl starting her own business,
- Kid going backpacking,
- Tourist bungee jumping,
- Sports star becoming world champion...

What Is Self Doubt?



I can't do it
I don't think I have the skills
I'll make a mess of it
I don't know what I don't know
I don't have the talent
I don't have the persistence

Fear of failure

Fear

What Do We Do With It?



I can't do it
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1. Assume that everything we say to ourselves is correct and true in every respect.
2. Take defensive measures to avoid disaster.

Fear of failure

1. Imagine public humiliation at it's worst.
2. Assume we will be forever damaged and diminished.

Fear

1. Become paralysed.
2. Panic - stop thinking.



Fear **cannot** exist in the present.

Therefore...

We *use our imagination* to
create it.



This means that **self doubt** is an **opinion** - not a fact.

It's no more or less than a *prediction of future events.*



Self doubt is actually *irrelevant*.

Most of us have succeeded
despite our (or others) dire
predictions.

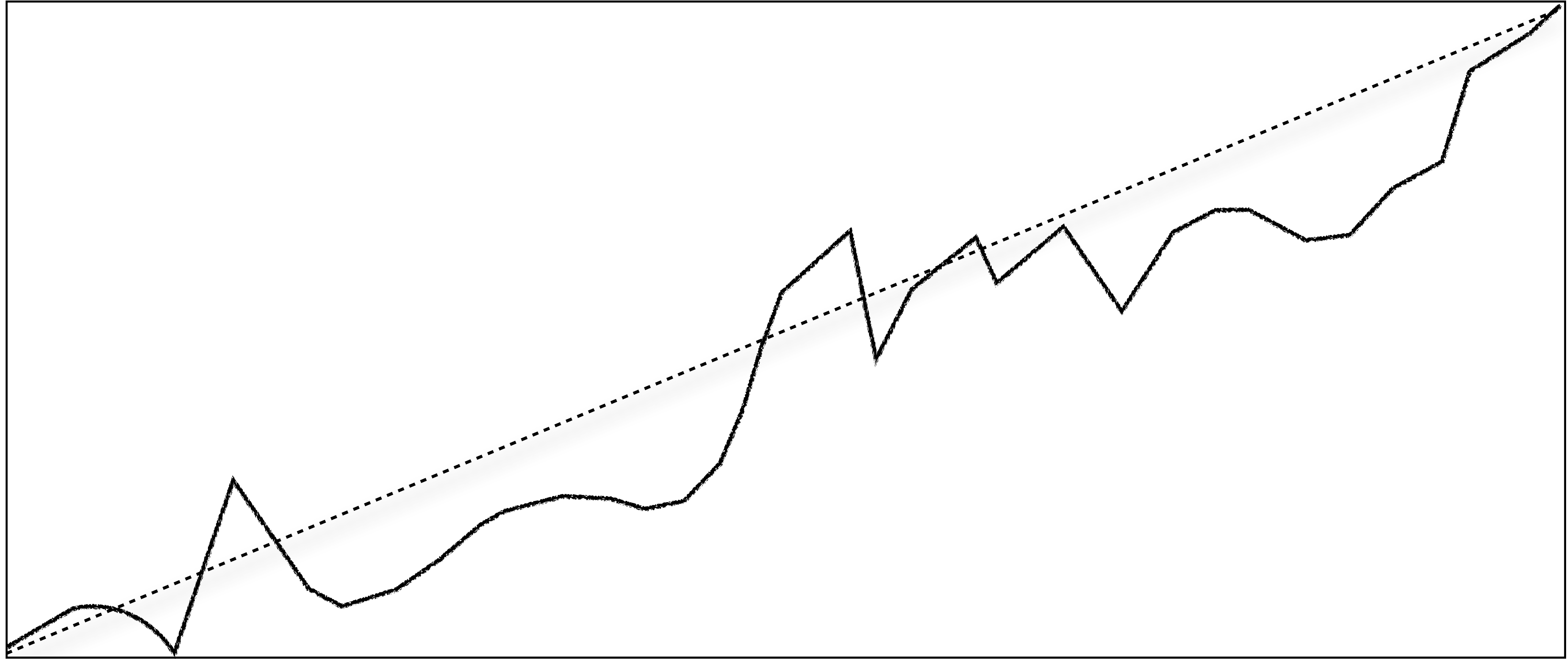


If you are a parent, you have
maintained belief in your child's
ability to make it -
despite their self doubt.



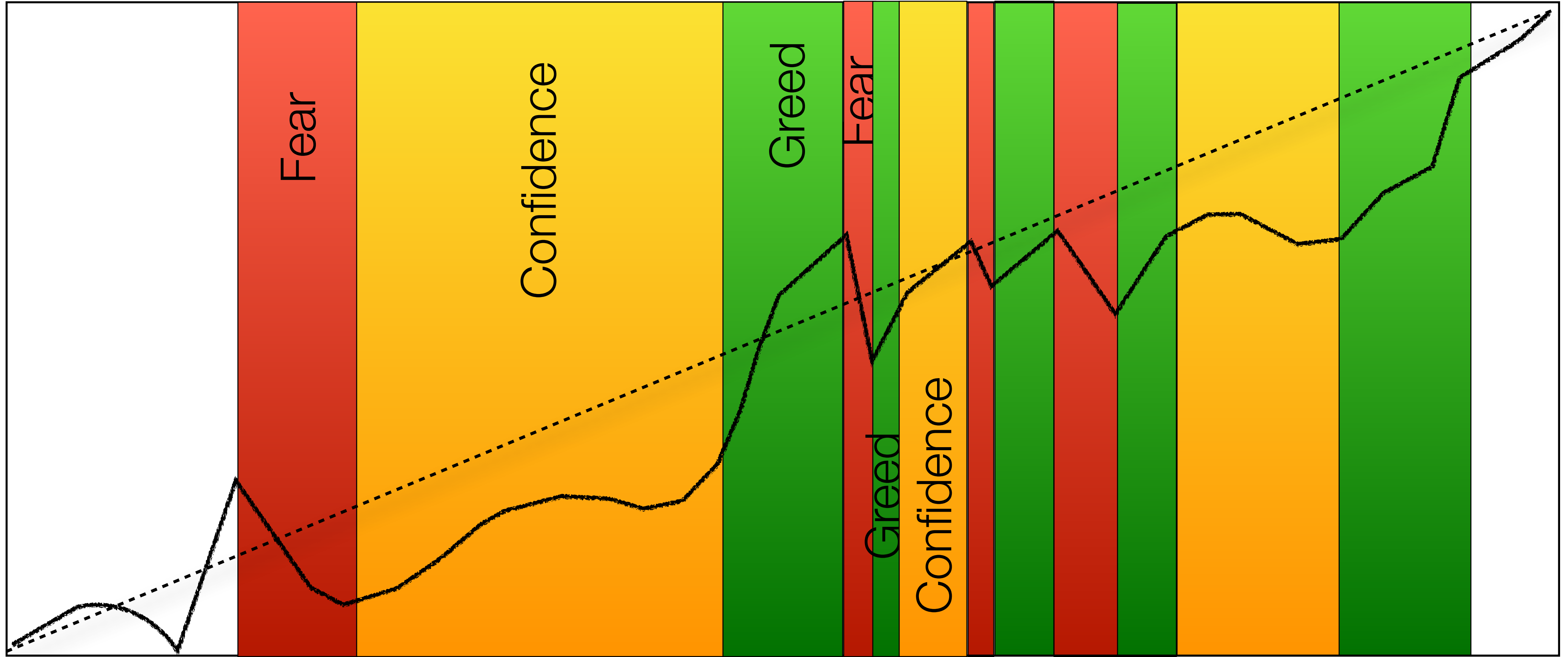
OVERCOMING SELF DOUBT

What Drives Any Market?



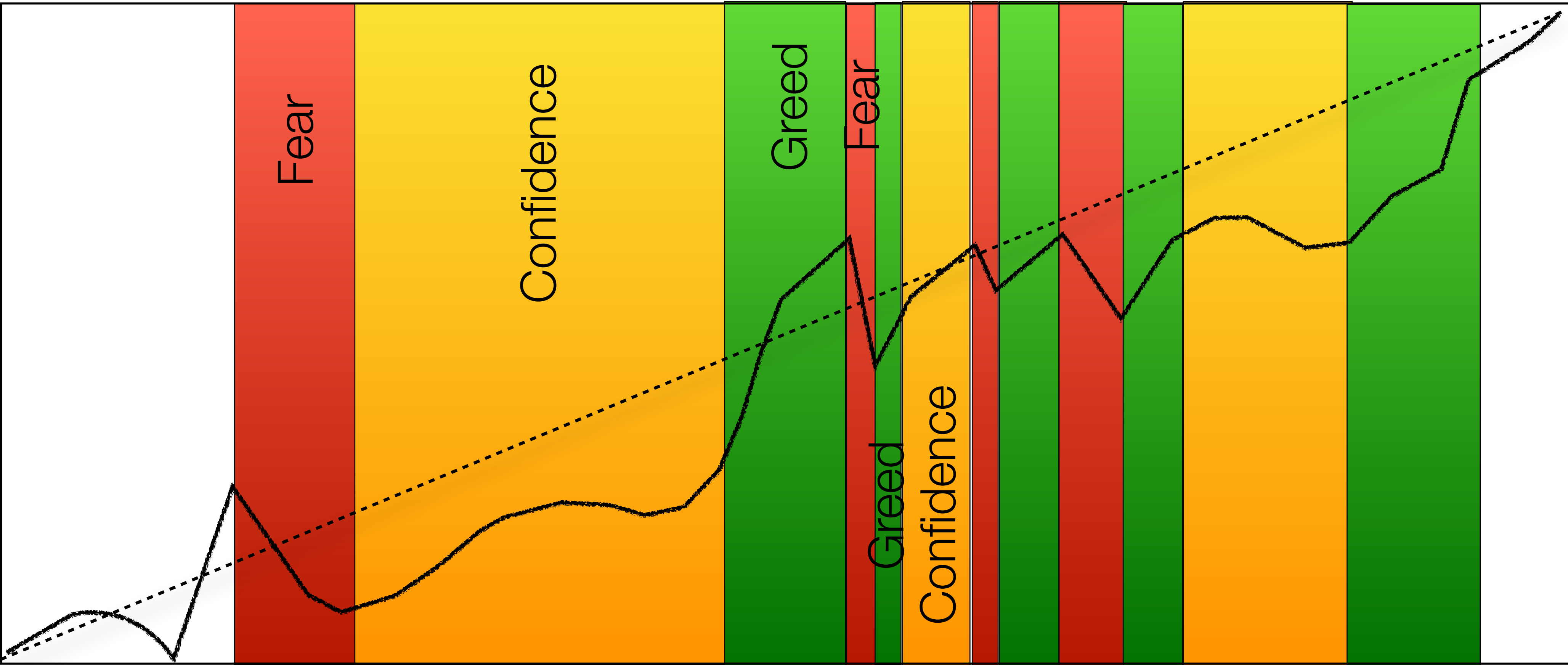


What Drives Any Market?





What Is Confidence?



What Is Confidence?



- An opinion.
- An illusion created using imagination & hope.
- A sedative.
- “Facts” manipulated to not look like bullshit.
- A facade, barrier or act?
- A decision to take a particular position.
- Above all - a foolish approach.



What Is The Truth?



Self doubt & confidence are
irrelevant.

It has no bearing on the result except
to make us hold back.

We should acknowledge it and go
ahead anyway -

giving it everything we have...



1	List your areas of self doubt. Then order them from least terrifying to scariest.
2	List your experiences, reasons and other crap that supports your view of each.
3	Tackle one each day/week regardless of how you feel. Report what happens on the fb page.