



# OVERCOME **SELF-DOUBT**

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AND GO AFTER **YOUR DREAMS**

# CONFIDENCE-BOOSTING AFFIRMATIONS

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To overcome self-doubt, recite the following statements while looking in the mirror each day.

When most of us look into a mirror, we say something negative. We either criticize our looks, or berate ourselves for something else. To look yourself in the eye and make a positive declaration is one of the quickest ways to get positive results from affirmations.

## **I'm so happy and grateful now that...**

I have the self-esteem, power and confidence  
to move forward in life with ease.

I accept and use my own power as I take action on my goals.

My consciousness is filled with healthy, positive, loving thoughts that reflect  
themselves in my experiences.

I stand on my own two feet and I speak up for myself.

I have all I need to achieve my goals and dreams.

I have all the knowledge and ability I need to solve any challenges that come my way.

I move through life knowing that I am always divinely protected and guided.

# QUOTES TO ERADICATE SELF-DOUBT

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It's vital that you express yourself—even when you feel like what you want to say or do isn't good enough or isn't really needed.

The next time self-doubt has a paralyzing grip on you, read one or more of these powerful quotes:

"Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

**HARRIET TUBMAN**

"Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you."

**BETHANY HAMILTON**

"You must never be fearful about what you are doing when it is right."

**ROSA PARKS**

# REMIND YOURSELF OF YOUR INNATE POWER

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Read the following whenever you are wrestling with self-doubt about living the life you want:

I rely on my inner power to work with me  
in creating the life I deeply desire.  
My inner voice and universal intelligence  
will provide the guidance I need to succeed.

There is nothing I cannot do unless  
I restrict my power through a limiting thought.

Knowing I am unbound and unlimited,  
I accept myself as a happy, healthy, strong,  
successful and prosperous person right here and now.\*

\* Adapted from the movie *The Cure Is...*, featuring Bob Proctor.

