

Guess what?!? Self-doubt doesn't have to keep getting in the way of your career... and your life.

These 10 journaling prompts will help you start to break free from the self-doubt that's been holding you back.

- ✓ Hit the reset button on your mindset with powerful questions to guide you.
- ✓ Get clear on where you're stuck so that you can start trusting yourself once again.
- ✓ Figure out what you need to do to release self-doubt and move forward.

Step 1: Write down a few sentences about the situation where you feel the most self-doubt:

Step 2: Write down your answers to the questions below:

Please be both honest and gentle with yourself as you complete this part of the exercise.

1. How do you feel in the situation?

2. What is your deepest fear in this situation?

3. What is your boldest hope (for yourself) in this situation?

4. What will happen if nothing changes?

5. What is most uncomfortable about achieving your boldest hopes for yourself?

6. What do you see as the biggest challenge for yourself with respect to moving forward in the situation?

7. What is the opportunity underlying this challenge?

8. What is holding you back right now?

9. What do you need to move forward?

10. What is it time for?

Step 3: Write down the greatest insights you had as a result of completing this exercise:

Looking for More?



Hi! I'm Nayla Mitha.

I coach women whose self-doubt has stopped them from reaching their full potential. They wish they could feel more calm, strong, and clear, but instead they feel trapped by their insecurities.

I help them break free from the deep-rooted beliefs that are holding them back so that they can get to that successful place they've been dreaming about.

Head to www.naylascorner.com to learn more about my coaching services.