



Don't let fear trap you...

# THE VIRUS

SELF DOUBT CAN SPREAD AND STOP YOU IN YOUR TRACKS  
BEFORE YOU REACH YOUR GOALS.

THE TINY BOOKLET



## Getting A Grip On Fear

Life Study A1

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Embrace it and turn it into a strength.  
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can help you make better decisions

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## Getting a Grip on Fear

Did you know that basically 85 percent of people have low esteem? This issue affects their personal and professional lives, including their careers, health, and their salaries. In other words, self-doubt and low self-esteem can keep you from reaching your peak potential. Fear makes things worst.

The low self-esteem personality trait appeared more common among women at one point. *Today this is not always true.* Men have low self-esteem issues as well. These issues begin to develop in childhood and either exacerbate or diminish with time. If self-doubt and chronic fear plagues you, read and implement the following tips to boost your confidence and discover how to trust yourself more:

### 6 Tips to Build Your Confidence

#### Accept Yourself

Self-doubt is part of being human. Embrace it and turn it into a **strength**. When used correctly, this personality trait can help you make better decisions, instead of rushing things. Think of it as a tool that guides your actions and keeps you from making costly mistakes.

Just make sure you don't overuse it though because self-doubt can also make you question your sanity and decision-making abilities. This is why FEAR and self-doubt are such powerful emotions. Getting self-control of your fear becomes important to your overall well-being.

## **Know You're Not Alone**

Even the most successful people have doubts. They often question their actions and wonder what the right thing to do is.

Focus on building your confidence and self-esteem. You might never get rid of doubts, but you can stop them from taking over your life.

## **Stop The Fear In Its Tracks**

### **Get the Facts**

**Your doubts don't necessarily reflect the truth.** Most times, they mirror your fears and emotional struggles. Think about your achievements and how hard you worked to get where you are today. Be proud of yourself and admire your capabilities.

**Whenever you're in doubt, get the facts straight.** Research the problem in question, weigh the pros and cons and ask for a second opinion. These simple rules/steps cross over into all areas of life.

## **Acknowledge Your Strengths**

Make a list of things you excel in. Write down your skills and accomplishments. Accept praise from others gracefully and acknowledge your talent.

Celebrate your strengths every single day. Make positive affirmations and remind yourself how much you've done so far. Stop thinking of what you could have done better.

## **Choose Your Friends Wisely**

Negative people can drag you down and ruin your self-esteem. Nothing will ever be good enough for them. That's why it's so important to surround yourself with positive people who support you and listen to you instead of judging.

## **Define Your Values**

Lastly, define your values and the values you live by daily. Once you establish those, you will have a more realistic perspective of the current situation. Focus on the things that drive your actions and are at the core of your beliefs.

**Overcoming self-doubt is a lifelong process.**

- I. Stop questioning your own decisions.
- II. Don't waste time overanalyzing –
- III. Trust your actions and put your plans in motion.

**Don't let the uncertainty of this time in our history and our personal lives keep you from believing in yourself. This is the time to believe in your abilities more than ever.**