

deep roots LIFE COACHING



FREEBIE

## FOR DEALING WITH SELF-DOUBT

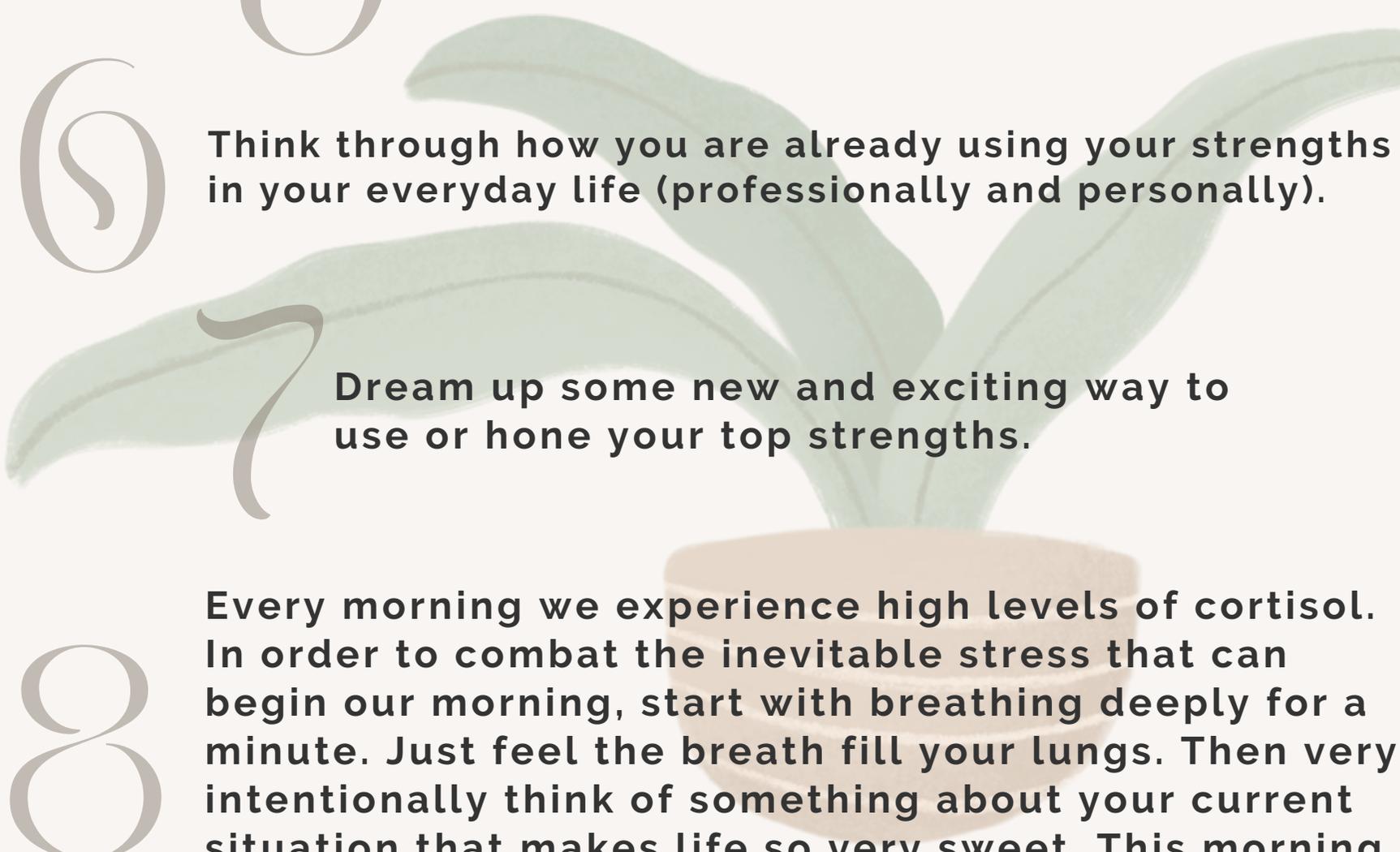
Thanks for clicking! Below are my favorite tricks and practices to help you combat self-doubt.

**1** Plenty of sleep! Honestly, nothing else matters in all of our self care if we don't get adequate sleep. Make a consistent morning and evening routine. Sleep experts say consistent waking and bedtimes are extremely beneficial.

**2** Eat at least 3 servings of veggies a day as well as plenty of protein and a wee bit of fruit. The less sugar you take in the more consistent your mood will be. Stay hydrated, drink plenty of water throughout your day.

**3** Exercise 20-30 minutes 4 times a week. Getting your body moving will help promote happy hormones.

**4** Write a detailed list of your strengths and explain why each one is special and unique to you. Keep this list in a very visible place.



5

Read your list often and give thanks for these strengths.

6

Think through how you are already using your strengths in your everyday life (professionally and personally).

7

Dream up some new and exciting way to use or hone your top strengths.

8

Every morning we experience high levels of cortisol. In order to combat the inevitable stress that can begin our morning, start with breathing deeply for a minute. Just feel the breath fill your lungs. Then very intentionally think of something about your current situation that makes life so very sweet. This morning I gave thanks for a new pair of warm socks!

**9** As you become aware of self-doubt, name that doubt outloud. Notice how your body feels. Where does the stress reside? Ask yourself how true your negative thoughts are? Where do they come from? Then put your hand on your heart and forgive yourself for doubting. Forgive the negative, destructive thoughts and follow up with kindness. What is something that makes you smile? Give thanks for that.

**10** Sign up for Relationship and Wellbeing coaching with Julie. She is really fun, sort of funny, a great listener and well, some say, a damn fine coach.

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