



## Overcome Self Doubt

1. Set a goal that scares the life out of you but at the same time excites you and could be a career game changer
2. Chunk your goal down into monthly and then quarterly results that equal your goal being successful by the date you've allocated. Make sure you are chunking down outcomes and not actions.
3. A sign that your goal deadline date is too far away is if you don't need to action it for weeks or months. Make this goal achievable within 12 months if not sooner.
4. Once you've visualised your goal yourself you won't need any reassurance.
5. Search out a role model where you can draw from their experience and behaviours and stick to this role model, do not deviate. Notice how they communicate, walk & talk, approach challenges in the same way they approach success.
6. What beliefs do you already have that are positive and helpful towards your goal? Now create a mantra such as 'I am strong willed & determined' so the mantra would be 'With my strength of will and determination I can achieve my goal more easily than I imagined.'
7. What will this goal prove to you about you and others about you? Why will this goal be a positive game changer for your career?
8. List all the evidence that you have that you have proven in the past that you can achieve this goal.
9. You use big generalised & sweeping statements like; no one's buying at the moment
10. Now is not the time to play or hide, you need to make a bold commitment to your goal by taking a no-turning-back action. Make this a public declaration.

BONUS – STOP! Right now you are sabotaging your brilliance. Do; eat healthy, sleep well and think positively – your career is depending on it.