# Self-Doubt

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We all suffer from this from time to time, but sometimes our lack of confidence can hold us back from becoming the person we truly are or need to be.

***Do you suffer from self-doubt?*** — that secret lack of confidence in yourself and your abilities that could be undermining your work and even your business behaviour and personal brand?

Yes, it's hard to overcome self-doubt, but the benefits far outweigh any effort you have to make to gain confidence and raise your self-esteem at the same time.

Here are some tips on how to overcome this:

**1. Progress in small steps**

Overcoming fears or uncertainties takes time and doesn't happen overnight. Sometimes it helps to seek professional advice from a mentor or coach, but you can easily take the steps yourself.

By setting goals that you can achieve within a shorter time frame, like a day or a week, you can conquer the fear in small steps – and this will also get you into a rhythm to work more efficiently and practically.

**2. Get feedback from people you trust**

Getting feedback isn't always easy. Sometimes the most constructive feedback can be the most critical. The key is seeking feedback from somebody you trust – and whose opinions you trust.

Try to seek out somebody in business or your personal life who you know has the experience to give you good feedback, and the integrity to make it honest and trustworthy. The worst feedback you can ever get is insincere flattery – it's not going to help you grow.

If the feedback is criticism, take it as a gift pointing you in a better direction. Feedback is a vital part of our life because it helps us know how we are doing and where we may need help improving. Making those improvements will help banish self-doubt.

Some people may be reluctant to give you critical feedback so you may need to engage with them in a dialogue that allows them to feel that you will not be offended by their evaluation.

Finally, never try to make them justify their criticism by arguing with them, or it will be the last feedback you receive. Instead, ask them how you could have done better under the circumstances.

**3. Find ways to hold yourself accountable**

Holding yourself accountable when you make promises to those who work around you can help define you as a person. Knowing that you follow through on commitments is crucial for your personal brand – and your confidence.

**4. Find mentors**

Mentors are a great thing to have. They can take you under their wing, teach you things and generally guide you through various aspects of your career.

Additionally, mentors are also great for bouncing off ideas for work projects as you gain confidence in your job and yourself and can also help you work through any issues you might be having with the project or even in the office with colleagues.

**5. Stop making excuses**

Nobody likes an excuse-maker, especially in the business world. So if you make a mistake in the workplace, don't run away from it — own it.

Just be honest about the fact that you have made a mistake and stop making excuses. Being honest about making a mistake won't be the end of your career or a relationship.

**6. Beware of your close circle and surround yourself with the right people**

The way you behave could be because of the way those around you behave.

Basically, if you spend a lot of time with co-workers or your closest friends, eventually, you may pick up come of their habits or ways of thinking and that can then affect your habits and ways of thinking.

So just be mindful of the fact that others can have a deeper influence over you than them telling you what to do.

Additionally, being around the right people can also affect you as a person and how you behave because it means that they are encouraging, supportive and are generally pushing you (in a good way) to do better.

So, by surrounding yourself with the 'right people', you are basically guaranteed to succeed and be the confident worker, team player and leader you need to be — and want to be.

**8. Raise your self-awareness**

Knowing how you think can go a long way to overcoming self-doubt.

By reflecting on past choices, you will develop a better understanding of the way you think which in turn will affect your current way of thinking.  You can even learn from past decisions by realising how you could have done things differently.

Additionally, this can help you develop your self-confidence and esteem and improve the way you handle yourself in the future when dealing with choices.

**9. Stop worrying about what others think**

No matter what you do in life, you can be sure that  people will have an opinion about you. And it might not be a good opinion either. But this doesn't mean you have to let it bother you.

In your career, and life in general, one of the last things you'll want to do is spend time worrying about what others think of you, basically because it is not worth your time.

So, stop worrying because truly successful people just keep doing what they're doing despite the negativity.

**10. Be decisive but don't fear a change of mind**

Trial and error. Rehearsal. Dry run. Whatever you want to call it, it's alright to change your mind about decisions, even if it's still in the planning stage of a project.

By making sure that you know every possible outcome of all your ideas is a great way of checking that you make the right decision, especially during the planning stages of a project.

But no matter what stage of a project you are at, you should never be afraid to change your mind about the direction of the project or even just a small part of it.


Overcoming self-doubt will not be easy. But, if you really try, you can overcome it and become successful and confident in both your personal and work life.