

# DISSOLVING DOUBT: 10 ACTIONABLE STEPS

## 1. Reframe the game.

Use your words for your greater good.

Your mind believes everything you tell it, so pump yourself up by surrounding yourself with positivity.

Think:

- + Sticky notes in your work space.
- + Swap your screensaver to brighten you up each time you log in
- + Compile lovely compliments you've received and read over them for an instant 'happy boost'
- + Set the alarm on your phone to beep with a positive affirmation daily.
- + Practice gratitude. By being thankful you find more and more to be thankful for. Try the Gratitude Log app.

## 2. Drop expectations.

When you do something purely to get something back you kill the magic.

If you hoard your best ideas your creativity dries up. Being expectant keeps you stagnant. Giving freely makes you a channel for receiving bigger and better things.

Clear distractions that keep you fixated on the end result or the results of others:

- + Clean out your inbox and unsubscribe from things you're not aligned with. Try the Unroll Me app.
- + Turn off social media notifications. (in your facebook settings).
- + Remind yourself of the WHY behind what you're doing/creating
- + Make physical space - clear drawers, clean your desk, neaten bookshelves etc

Take-away: **When you do things from your soul, other people really dig that shit."**

### 3. Detach from the outcome.

Your blog post might go viral. Your workshops could sell out. Your new book could bomb. Whatever. Cultivate a habit of creating. Creating and serving without prediction opens you up to more potential and possibility.

## Mantra: Create. Give. Detach.

4. **REMINDER:** We're all in the same lifeboat.  
Even the people you idolise have shitty days. True story.x

### 5. Switch off often.

Cull social media when you're working. Turn off your phone when you're with clients. Go outside. Disconnect to reconnect.

Addicted to Facebook? Try THIS app.

### 6. "Tell the truth. Tell the truth. Tell the truth." ~ Sheryl Louise Moller

Look yourself in the eye\* and ask yourself this: "What am I scared of?"

- + Are you scared that success might be easier than you thought?
- + Are you scared of the hustle?
- + Are you scared of what it means to really put yourself out there?
- + Are you scared of somebody reading your work and thinking you have no idea?
- + Are you scared of feeling like a fraud?
- + Are you scared that you'll have everything you ever wanted and still feel empty?

Pinpoint your fear and its power diminishes.

\*Use a mirror for best effects.

### 7. Before you start anything, get back to the heart of it.

- + Why is this important?
- + How will you feel when you make it?
- + How will you feel if you bomb?
- + How will you feel if you never even try?

## 8. Understand that fear is just a feeling.

“Are you paralysed with fear? That’s a good sign. Fear is good. Like self-doubt, fear is an indicator. Fear tells us what we have to do. Remember one rule of thumb: the more scared we are of a work or calling, the more sure we can be that we have to do it.” ~ Steven Pressfield, *The War of Art*.

## 9. Take a meditative approach to whats holding you back.

Is it a person? Situation? Comment? Failure? Win?

Close your eyes. Hold whatever it is keeping your small in your mind’s eye. Notice your shoulders, drop them. Take 10 deep, cleansing breaths and with each breath imagine that person/situation/comment getting smaller until it is just a speck. Keep breathing until it disappears.

## 10. Change perspective.

If you normally work inside, grab a beach towel and lay on the grass outside.

Take your lap-top to your local cafe.

Start the day by pumping your favourite song rather than checking emails.

Take the Tim Ferriss approach and designate certain times of the day for reading and replying to emails.

Carve out a chunk of time and devote it to one task only.

My personal favourite,: grab a pen and paper instead of plugging into the computer. Allow yourself to be messy. Don’t censor anything, just spill it out.

The DISSOLVING DOUBT e-workbook is landing soon.  
For your own copy + SUPERCHARGED inbox inspiration

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