

SELF-DOUBT DETOX

Affirmations

- I.I am worthy of love, success, and happiness.
- 2.1 trust in my abilities and believe in myself.
- 3.1 am capable of overcoming challenges and achieving my goals.
- 4.1 am deserving of all the good things life has to offer.
- 5.1 release all self-doubt and embrace my inner strength.
- 6. I am enough, just as I am, and I am worthy of acceptance.
- 7.1 trust in my intuition and follow my heart with confidence.
- 8.I am resilient and bounce back from setbacks stronger than ever.
- 9.1 deserve to pursue my dreams and live a life of fulfillment.
- 10.1 deserve success, and I celebrate my achievements with pride.



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How	do my thoughts and beliefs contribute to my self-doubt?



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How can I refr	rame negative self-talk into more positive and empowerin
riow carriren	thoughts?
	thoughts:



What affirmations resonate with me and help me feel more confident?
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What past experiences or beliefs may be influencing my current self-doubt



How can I cultivate a more compassionate and accepting attitude towards
myself?
83
What small steps can I take each day to build my confidence and overcome
self-doubt?



Who can I turn to for support and encouragement on my journey to
overcoming self-doubt?
How will my life change when I learn to trust in myself and believe in my
worth?