

The Stylist You Envision

Negative Self-Talk Left Unchecked Leads to Self-Doubt:

“Self-doubt is the condition that results when the words that you say to yourself on a daily basis are negatively based.”

Negative self-talk goes hand-in-hand with self-doubt because they fuel each other. When you doubt yourself, you're not seeing yourself as worthy. When you don't believe you're worthy, you will feel self-doubt. And yet...self-doubt is the first thing you need to let go of if you want to grow your career and enjoy your life

Carrying around negativity and self-doubt adds a ton of weight to your mental and physical shoulders.

- It makes your day go slowly by wearing you down physically and emotionally.
- It can rob you of the joy that you should be experiencing every time a Guest sits in your chair.
- It can make you blind to the positive changes that you create for each person that leaves you feeling better than when they came in.

If you're constantly doubting what you say or do, the time has come to make a change. If you lack confidence in any environment, it's time to transform your thinking. Your creative spirit and energy can be totally drained by self-doubt.

But sometimes it's difficult to realize that you're doubting yourself, especially if self-doubt has become such a natural part of your inner dialogue that you don't even notice it.

Action:

Take the opportunity to begin awareness of where you have doubts. You can practice self-awareness by doing daily introspection:

- How do you feel when you think about your work, home, and life?
- What situations make you anxious?
- How do you feel when you think about the relationships in your life?
- How do you feel about how you spend your time?





Your life has many components, and doubt can fester in all of them.

The only way to take control is to acknowledge those doubts and take action to be free of them.

Begin by observing your behavior and actions throughout the day.

Hear your self-talk and determine whether it's positive and self-compassionate.

If it isn't...it's up to you to change it!

When you're walking into stress-causing situations...remember to ask yourself these questions:

- Are you calming yourself in a self-compassionate way?
- Or are you speaking negatively to yourself about who you are and how the future will turn out poorly?
- Being aware of how you are responding to the situation allows you the opportunity to self correct and move into a more positive thinking process.



"It is import for you to realize that you are allowed to let go and move on from any doubts that you have in your life."

Stay tuned for more on this subject...

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