

Podcast Summary

Welcome to this quick episode on turning doubt into confidence. Everyone faces moments of self-doubt, but the key is to acknowledge it, not let it control you. Start by identifying your strengths. Write them down and revisit them when you feel low. Next, shift your mindset. Replace negative thoughts with positive affirmations. Tell yourself, 'I am capable,' or 'I can overcome this.' Lastly, set small, attainable goals. Each achievement builds confidence and reduces doubt. Remember, confidence is a skill you can develop with practice. Embrace the journey of growth, and soon, doubt will turn into unstoppable confidence!