

Life without limits

FROM FEAR TO FREEDOM

5 ways to crush your
self-doubt and re-build
your inner confidence



ONE LIFE

LIFE COACHING & ESCAPES

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Is self-doubt holding you back from living your best life?

Do you want to feel more confident, but just don't know how?

You're not alone. Many people struggle with self-doubt, and it can be a major barrier to achieving your goals and finding happiness.

That's why we created From Fear to Freedom - to help you overcome your self-doubt and build unshakeable confidence by providing you with practical strategies you can implement right away.

In this guide, you'll discover how to:

- Identify the root cause of your self-doubt
- Silence your inner critic and cultivate self-compassion
- Set empowering goals that align with your values
- Develop a mindset of resilience and growth
- Build positive relationships that support your confidence

By implementing these strategies, you can transform your relationship with self-doubt and become the confident person you were meant to be.

And by re-building your confidence you'll be able to pursue your dreams with a newfound sense of courage and belief in yourself. So don't wait any longer to start living the life you deserve.

Let's dive in...



“You’re useless and you’ll amount to nothing”

My maths teacher to me in year 10.

We’d been told to stand up and tell the class what we wanted to do after we left school. So I told them I was going to be a pilot. This was the response from my maths teacher: *“Don’t be ridiculous, only smart boys become pilots, you’re useless, and you’ll amount to nothing, now sit down!”*



NEVER succumb to the negativity of others.

Your mind is a precious commodity, and you have the power to choose what ideas and beliefs you allow to occupy it.

I wonder how that worked out for Mr Maths teacher 🙄

1

IDENTIFYING SELF-DOUBT TRIGGERS

The first step in overcoming self-doubt is to identify your self-doubt triggers. This can be a challenging process, but it's essential if you want to address the underlying issues and make real progress.

Some common causes of self-doubt include:

- A lack of confidence in your abilities
- A situation you're currently in
- Perceived past failures or setbacks
- Negative self-talk

Once you've identified the root causes, you can begin to work on addressing them by challenging each and every one (step 2).

ONE LIFE HACK: A great way to keep track of these triggers is to use a journal. Whenever you start having those self-doubts, write down where you are, who you're with and why you're feeling uncomfortable.

Is it a challenge you've been set? Something that someone has said to you? Are you comparing yourself to someone else and feeling unworthy? Whatever it is, write it down so you can start challenging the thoughts when you have more space.



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ONE LIFE JOURNAL

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CHALLENGE YOUR NEGATIVE THOUGHTS

Once you've identified the triggers of your self-doubt, the next step is to challenge the negative thoughts and beliefs that are fuelling it.

Here are 3 other ways to challenge negative thoughts:

1) Re-frame the thought: This involves taking a negative thought and re-framing it in a more positive light. For example, if you have a negative thought about your abilities, re-frame it by reminding yourself of times that YOU HAVE succeeded in a similar task. Think, *"I know I CAN do this because I've done it before."*

2) Consider how to change your environment: If it's your environment that's triggering the negative thoughts, how can you change it? For example, if it's someone who's getting you down, how can you start putting distance between you and them. Or if it's your location, think about what needs to change - do you need a new job (or start your own business), or do you need to relocate and live somewhere else?

3) Get a different perspective: Sometimes, getting an outside perspective can help you challenge negative thoughts. Talk to a trusted friend, therapist or coach about what you're feeling, and ask for their perspective. They may be able to offer a more balanced view and help you see things in a more positive light.



**ENVIRONMENT TRUMPS
WILL EVERY TIME**

No matter how much effort, willpower or determination you have, it is your environment that ultimately shapes your outcomes.

3

SURROUND YOURSELF WITH POSITIVE PEOPLE

Surrounding yourself with positive people can be one of the most powerful ways to overcome self-doubt. They'll inspire and motivate you and help you stay focused on your goals. They'll also help you develop a more positive and optimistic outlook, which can in turn help you overcome your self-doubt.

If you're constantly surrounded by nay-sayers and negative people, it's unlikely you'll ever break the cycle of self doubt. You have to find your 'Tribe' – the ones who have the same drive, values and desire to create their best lives ever.

Where to find your Tribe:

Local Groups: Look up local groups of like minded people and get involved in some activities. It could be something you already love doing, or why not try something new. Jules and I took up Padel Tennis in 2021 and we've met so many new friends who are on the same wavelength as us. Push out of your comfort zone and get involved.

Online Communities: There are so many online groups, communities and memberships that you're sure to find one that resonates with you. But don't join everything otherwise you'll get overwhelmed.



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TRIBE

Join us in **ONE LIFE TRIBE** – our **FREE** Community dedicated to helping you live your best life ever.

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PRACTICE SELF-CARE

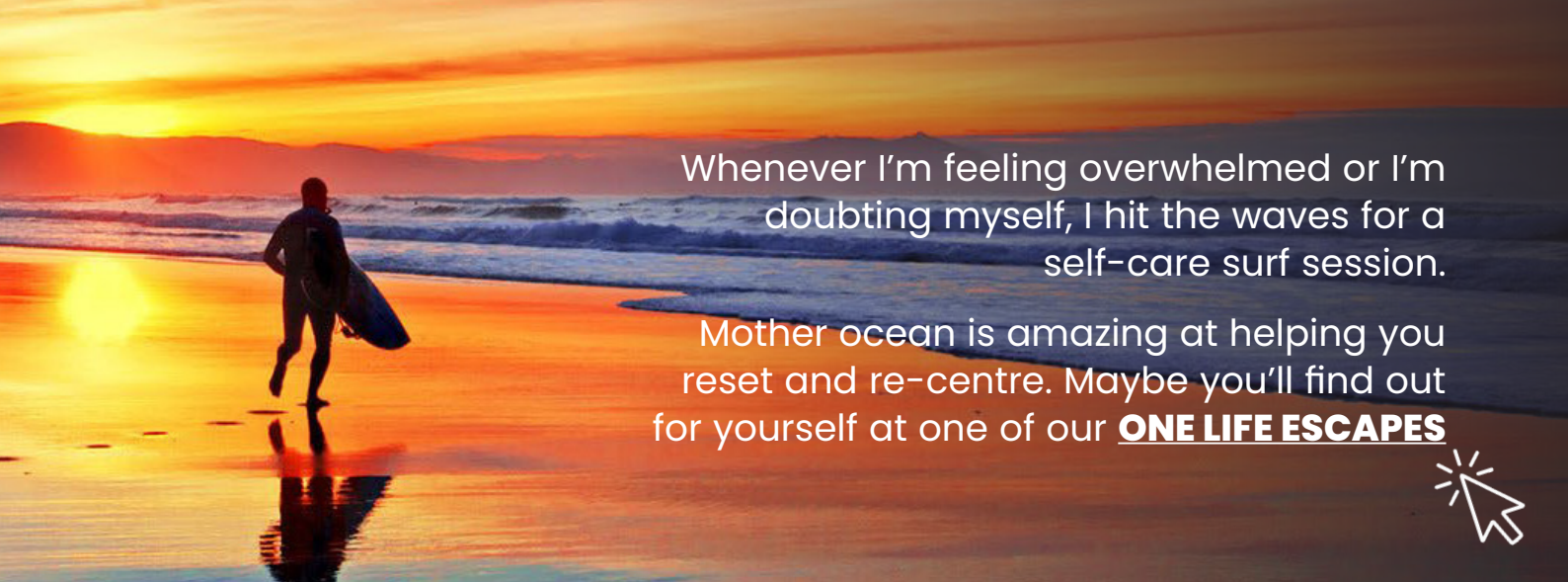
Self-care is an important part of overcoming self-doubt. When you're feeling overwhelmed or stressed, it's easy to become caught up in negative self-talk and start to doubt your abilities. By taking care of yourself and engaging in activities that bring you joy, you can help to reduce stress and anxiety and build your confidence.

Here are 3 other ways to practice self-care:

1) Engage in self-compassion: Treat yourself with the same kindness, concern, and understanding that you would offer to a good friend. Give yourself permission to make mistakes and acknowledge your efforts. Be your best friend, not your worst critic.

2) Know this will pass: Everyone has self-doubt now and again, I still do today and I've been doing this stuff for years! But I remind myself that it's a normal part of the growth process and it will pass. And it always does.

3) Prioritize self-care activities: Engaging in activities that make you happy, things that you're good at or make you relax can help build your confidence and combat self doubt. Make time for exercise, meditation, creative hobbies or spending time in nature. Schedule time into your calendar so that you're consistently taking care of yourself - and having fun!



Whenever I'm feeling overwhelmed or I'm doubting myself, I hit the waves for a self-care surf session.

Mother ocean is amazing at helping you reset and re-centre. Maybe you'll find out for yourself at one of our **ONE LIFE ESCAPES**



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TAKE ACTION

Finally, the key to overcoming self-doubt is taking action.

Whether it's starting a new project, pursuing a new goal, or simply trying something different, taking action can help you build confidence and overcome self-doubt.

Think about it, there's no use in reading this guide and not putting anything into practice. Only you can decide whether or not you want to change, nobody else can do it for you.

Yes, you can get support, motivation and encouragement by the bucket load, but you have to be the one to make the first step.

I've built my life on this and live by the mantra of, *"You don't have to get it perfect, you just have to get it going."*

Remember this: The rest of the world isn't sitting around waiting for you to fail. Everybody has their own shit going on and they're too focussed on themselves to be worried about whether you're good enough or not.

What they will notice is when you take action and start to change. And then more likely than not, they'll ask you how you did it.

Don't you dare, for one more second, surround yourself with people who aren't aware of the greatness that you are.

Please believe me,
you are worthy, you are
capable, you belong.

Now it's your turn.
Read on for your next step...





Come and join us at **ONE LIFE**

Here's a bold question for you:

Are you tired of feeling trapped in a life that you're not happy with and feel like you're constantly putting your precious energy toward something that's not your dream?

If so, here's the good news:

It's possible to change your situation and start making moves toward a more rewarding life, even if you don't know where to focus right now.

Let us show you how:



ONE LIFE Tribe

Join our **FREE** membership where you'll unlock the key to your dream life with the **ONE LIFE PLAN**, empowered community, and live weekly coaching #yeahbaby

FREE

[JOIN NOW](#)



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FROM FEAR TO FREEDOM

ABOUT US

Hi there, we're Andy & Jules - the couple who help others discover their true purpose and live their best life.



We get it: It's a big deal to quit your "safe" life or even just to change up your daily routine so you can spend more time doing what you love (and less of what you don't).

But we can promise you that **ONE LIFE** will help you stop feeling stuck, drained, and lost in life trying to fit the mold you or someone else created for you.

We'll show you how to get off the emotional rollercoaster that keeps you in disharmony, so you can connect with your authentic self and live the life you deserve.

We'd love you to join us at **ONE LIFE**

Whether it's ONE LIFE TRIBE, 1-2-1 Coaching or our Escapes in Spain, we're ready to help you live your best life ever.

Join us today at www.onelifers.com

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