

# How To Break The Habit Of Self- Doubt And Just Do It. .



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## Are you plagued with procrastination? Learn how to overcome the habit of self-doubt and putting off important things to do, and just do it...

I struggled with self-doubt and impostor syndrome for quite some time. I'm not sure if it was because I was shy and introverted, or that I suffered from stage fright at the time, before i was cured. LOL, but I did eventually find my voice and started taking charge of my life. I made myself visible and stopped hiding behind the scene.

If you've got bad habits of under valuing yourself, feeling overwhelmed with all the work you have to do or having negative past experiences that are influencing your thought pattern and ruining your chances of achieving your goals like i did, I've got you. You're definitely not alone.

You can change your life for the better, using these steps that I used to move me forward



# Face Your Fear Head On

We all fear the unknown, uncertainties, ridicule, failure, criticism, change, loss or even success that comes with living. Whatever your fear,,if you face it, it starts to fade. Until recently, I feared criticism and what people will say, I feared that I was going to make a fool of myself, but, by understanding fear, and working on my mindset completely from fear of judgement, to speaking up and showing up boldly, and you can too.

Life is full of stresses, yet many of us feel that we ought to show the world what a perfect life we live. Bad days and setbacks are bound to happen, and it's important to know that life can be messy at times. Sharing your fears take a lot of it's scariness away. After all a problem shared, is a problem half solved.

Activities, like exercise, journaling, reading inspirational books, and appreciating your courage, and being kind to yourself when those negative inner voices whispers into your ear, helps you feel more capable and grounded.



## Understand Your Why

Your 'why' is the story behind why you do what you do. Understanding your why is very crucial to your overall success in general. Knowing your why will bring about lasting success, you'll stand out from the crowd and won't be lumped with others. Your why should have meaning to you and your brand.

If you don't know your why, you'll forever be comparing yourself to others, never will be contented or feel valuable, and making decisions will become harder. Your why is your unique voice that makes you authentic, different and valuable. Your why maintains not only loyalty, it also maintains growth and inspires you to do more. It keeps you focused on driving original success. Your why is what will make you stand out and draw people towards you. Your why brings trust and opportunities to you and the brand you represent.

Finding your why is clarity of your vision. To change your life, career or business, you must first change your thinking and open your mind for more.



# Work on Personal Development

The best decision you can make for yourself is to strive towards continuous development. In this deeply disrupted, fast paced, uncertain world we live in, the only way to survive and prosper is to be able to evolve quickly, develop new skills on an ongoing basis, and cultivate the resilience to start again

The world rewards those who can generate value, and to do that will require a different way of thinking. According to Warren Buffet's, "By far the best investment you can make is in yourself," resonates with me. I definitely invest more time in improving myself and learning, and I'm better off than I was prior.

I made myself a promise in 2019, when I changed profession, that I was going to continually invest on my self-improvement yearly. Charles Darwin wrote that, it is not the strongest of the species that survives, nor the most intelligent that survives. It is the one most adaptable to change. Change is inevitable, and it's your personal development that keeps you ready in times of disruptions.



## Step 4

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# Be Focused on What You are Very Good At.

Many of us are faced with pressures from society and family to fit into a certain version of successful. Usually, this means, studying a particular course, your parents recommended, or become wealthy and very important, instead of being happy, contented, healthy and great at what you do. But doing things just to make a lot of money, will not lead to a life of fulfilment. As Steve Jobs said, " Your work is going to fill a large part of your life, and the only way to do great work is to love what you do." Focusing on what you're good at creates a life of joy and satisfaction. The most important thing is to be consistently create value.

Knowing what you're good at is one thing, adding value is another. For you to excel in your chosen vision, it is what makes you tick that will differentiate you. Doing something you love provides you with the creativity to combine effort and reward in the long run. It is not how much money we make that makes us happy in life, it is whether our work fulfils us eventually.



# Just Do It!

No one is coming to save you. That's the honest truth. Fortune favours the bold, and you have to be bold and believe in yourself enough to make the leap. Go out there and ask for what you want. Be seen. Be heard. Sometimes what separates the people who do things, from those who just dream about it, is ACTION. You've got to be willing to fail, courageous enough to act, and bold enough to take risk. If you're afraid to take risk, you won't get very far.

Go after what you want out of life. If you don't ask, you don't get. When most people think about taking a chance, they paralyse themselves thinking about all the negative things that could happen. The "What if" statements like, "What if I get rejected?" "What if people criticise me?" The people who make an impact in the world, have made it a habit to silence their doubts and focus on potential positive outcomes only. I encourage you to put down your doubts today, and go for what you want. One thing I heard that stopped me in my track of mediocrity and self-doubt was, I have to really push myself, cos no one will do for me.



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