

**How to Unlock the Power of Your Beautiful Authentic Self.  
Module 3. Lesson 19. My Strength Lies in Being Able to  
Overcome My Doubts. Additional Resources.**

## **My Strength Lies in Being Able to Overcome My Doubts.**

Life has a funny way of throwing out challenges and allowing a lesson to accompany them. I choose to be strong in those tough times rather than letting my doubts take hold of me.

When I am nervous about something, I start a soul-searching conversation with myself to get to the root of my feelings. This approach allows me to tackle the source and prove that I can overcome the challenge.

Health concerns sometimes fill my mind but I avoid being consumed by them. ***I know that I have the ability to control my thoughts. I choose to make them encouraging.***

My self-belief is strengthened when I reflect on my previous examples of overcoming. Anything that feels impossible today is likely very possible with just a little patience. Having the maturity to wait out tough times usually brings me the desired result.

As I move from one tough decision to another, I feel even more resilient. ***Keeping my past victories on my mind provides a source of encouragement to push through.***

Today, I hail my strength of purpose and will to keep fighting through doubts. My path is clearer when I rely on my ability to push past obstacles. I am committed to training my mind to think purely positive and uplifting thoughts.

### **Self-Reflection Questions:**

1. What are some of the techniques that I find useful for calming nervousness?
2. How do I know when a doubt has become an opportunity?
3. How can I use my doubts to push me forward instead of backward?