BLISS Careers

From Self-Doubt to Self-Belief: A Guided Reflection & Action Plan

This guide is for the moments when self-doubt creeps in and threatens to hold you back.

Through intentional reflection, mindset shifts, and small, doable actions, this tool will help you remember your past wins, challenge fear-based beliefs, and confidently take your next step. You've navigated uncertainty before—and this time, you'll do it with even more clarity and power.

"You only fail if you do not try." — Iris Apfel

STEP 1: Grounding in Gratitude & Abundance

What are three things you're grateful for today?

Reflect on a time when things worked out better than you expected, despite your doubts.

STEP 2. Defining Your Goal

What goal or opportunity do you want to pursue?

What excites you most about this goal or opportunity?

STEP 3. Naming Your Doubts

What self-doubt or fears are coming up for you? (Write them down honestly.)

Are these doubts objectively true? (Use logic, evidence, past experiences.)

STEP 4. Turning Doubt into Strategy

What steps would move you toward your goal? (List as many as possible.)

Which of the above can you take as your first small step toward your goal?

STEP 5. Planning for Success

What support or resources could help you? (Mentors, books, courses, communities, etc.)

Who can you reach out to for encouragement or accountability?

STEP 6. Your Commitment & Next Steps

I commit to completing this small action as my next step:

_____

_____

I will complete my next step on:

_____

_____

To celebrate taking this step I will:

_____

_____

_____

_____

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