

# Overcoming Self-Doubt: Learning, Serving, and Building Resilience

## *Quick recap*

Kim led a discussion on the importance of self-esteem and its role in personal growth, sharing her own experiences and providing strategies to manage self-doubt and improve well-being. She emphasized the value of seeking advice, learning through trial and error, and serving others as a means of shifting focus away from personal insecurities. The session also included a breakout exercise and a discussion on leveraging personal strengths to boost self-esteem.

## *Summary*

### **Self-Esteem and Asking for What You're Worth**

Kim led a heart coach class where she discussed the importance of self-esteem and its role in one's ability to ask for what they're worth. She mentioned that Sasha was unable to attend but had prepared a recording for the participants. Kim also explained that they would participate in an exercise without a debrief afterward. She encouraged participants to borrow esteem from areas where they feel proficient and apply it to areas they may not feel as skilled in. Kim shared a link to the slides for the session, which would be available on the membership site.

## **Self-Esteem and Its Impact on Life**

Kim discussed the importance of self-esteem and its impact on various aspects of life. She emphasized that self-esteem is not a fixed characteristic but rather an adaptable and flexible one. She highlighted how low self-esteem can perpetuate a cycle of negative self-talk and self-doubt, which can hinder personal growth and relationships. Conversely, improving self-esteem can lead to a more fulfilling and successful life. Kim also noted that self-esteem is often tied to one's track record of success in a particular area, and encouraged individuals to challenge themselves and learn new things to expand their self-esteem.

## **Kim's Journey to Entrepreneurship and Selflessness**

Kim shared her personal experiences and insights about starting a new business, emphasizing the challenges and insecurities that one might face, including self-doubt and fear of making mistakes. She stressed the importance of seeking advice and learning through trial and error but also encouraged letting go of past failures and future worries to approach new experiences with a fresh perspective. Furthermore, she highlighted the value of selflessness and service, using the example of a neighbor's house on fire, and underscored the importance of contributing and being of help, even in times of crisis.

## **Overcoming Self-Doubt and Serving Others**

Kim discussed strategies for overcoming self-doubt and serving others as a means of shifting focus away from personal insecurities. She emphasized the importance of being aware of one's thoughts and feelings and provided various tools such as coaching, meditation, venting, Havening, breath work, grounding, visualization, and affirmations to help manage anxiety and doubt. Kim also encouraged individuals to build a personal toolkit of strategies that work best for them.

## **Cultivating Optimism With Cognitive Techniques**

Kim discussed the application of cognitive techniques for cultivating a more optimistic outlook. She explained three techniques: positive affirmations, thought-stopping, and reframing. Kim shared her personal experiences using these techniques and their positive impact on her mindset and business. She also introduced the concepts of mindfulness and emotional awareness as tools to manage emotions and emphasized the importance of self-compassion. Kim shared her struggles with self-compassion and how it impacted her life, highlighting the work of Kristen Neff and her journey towards improving self-compassion.

## **Managing Emotions and Enhancing Well-Being Techniques**

Kim discussed various techniques to manage emotions and improve well-being. She explained the concept of anchoring, which involves associating positive emotions with physical touch, such as earrings or grounding the feet. She also shared her use of behavioral tools, such as breaking down large tasks into smaller ones to build self-esteem and achieve achievable goals. Kim emphasized the importance of social support and spending time with like-minded individuals. She also suggested physical exercise and visualization techniques, as well as progressive muscle relaxation, to decrease physical tension and alleviate emotional or mental concerns.



## **Boosting Self-Esteem Through Skill Application**

Kim emphasized the importance of self-esteem and encouraged thinking about areas of proficiency to combat feelings of low self-worth. She shared her personal experiences of applying skills learned in one area to another, such as turning her expertise in hosting parties into her first retreat. Kim encouraged the team to reflect on their strengths and consider how they might be applied in new contexts. She also highlighted the idea of 'borrowing esteem' from areas of success to help build confidence in less familiar areas.

## **Boosting Self-Esteem and Confidence Strategies**

Kim underscored the significance of identifying and leveraging personal strengths to boost self-esteem and confidence. She encouraged participants to seek feedback, reflect on past experiences, and practice 'bragging.' She also highlighted the importance of empathy towards others and suggested an exercise to strengthen this skill. Additionally, Kim recommended resources such as 'The 6 Pillars of Self-Esteem' and Brene Brown's TED Talk 'The Power of Vulnerability' to aid in building self-esteem. She emphasized the need for continuous self-growth, particularly in the face of new challenges such as speaking to larger groups.

## **Breakout Session and Technical Issues**

Kim led a discussion that resulted in participants being divided into groups for a breakout session with no debrief planned. Kim addressed a technical issue with Donald's access to the meeting. She reminded participants that Sasha would be available for any assistance needed during the breakout session and that they should reach out if necessary.