



## **Self Doubt Hiding**

Hiding: Triggered by fear of others and overwhelm. Looks like: Avoiding, procrastinating, shrinking back, staying behind the scenes.

### **Behaviors:**

Focusing on big dreams, leading to overwhelm, an excuse not to act, and feeling paralyzed.

Not standing up for yourself or asking for what you want.

Actively protecting yourself and holding yourself back.

Able to identify a dream and feel passionate about it but no actionable plan.

Shrinking back from opportunity and playing it small.

Afraid of being judged, looking like a fool, or disappointing or upsetting others.

Shy away from praise.

### **Solution:**

**Step 1:** Identity what you're afraid of and minimize the fear.

1. In what areas do you tend to hide and procrastinate?

2. When you find yourself hiding and procrastinating, what is the fear that causes it?

3. Why does this thing you're afraid of matter?

4. Does it ACTUALLY matter?

5. What could you do about it?

**Step 2:** Identify the avoidance mechanisms you use to procrastinate.

What do you tend to do when you procrastinate (what behavior are you doing instead of what you should be doing)?

**Step 3:** Identify what you actually WANT.

1. What is the big dream you use to overwhelm yourself and avoid taking action?
2. Break down your big dream into actionable goals or steps. What do you actually need to accomplish and what are 5 to 10 sub-goals or steps?

**Step 4:** Take small steps that move you toward your goals.

What is one small step you can take every day to make progress?