



## Episode 147: Best Bits of 2022: Self-Confidence

How often do you question your own actions and doubt your self-worth? Despite the stressful and hectic nature of our work, many people expect medical professionals to perform at a superhuman level to take care of patients. In the process, we fail to pause and take care of ourselves. We're too used to ignoring our own needs and think we just need to be stronger.

Is this really what it means to have confidence in our abilities and skills? There must be another way we can both be confident and thrive. Confidence should be something that gives us power and the ability to be happier and live a more fulfilling life.

Join Rachel as she looks back at the best bits of the podcast this year that tackle self-confidence and living a life with no regrets. We cover people pleasing, taking criticism, imposter syndrome, and self-coaching!

### Podcast links

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| <b>Episode 110:</b> <a href="#">How to Stop People Pleasing</a> | Join our January 2023 anti-challenge! Sign up now! Sign up for a <a href="#">FREE challenge!</a>   |
| <b>Episode 112:</b> <a href="#">How to Stop People Pleasing</a> | Check out our <a href="#">FREE challenge!</a> for doctors.   |
| <b>Episode 115:</b> <a href="#">How to Stop People Pleasing</a> | Find out more about the <a href="#">FREE challenge!</a> training, talks, and workshops.            |
| <b>Episode 117:</b> <a href="#">How to Stop People Pleasing</a> | <a href="#">Sign up now!</a> for more free resources.  |
| <b>Episode 123:</b> <a href="#">How to Stop People Pleasing</a> | Join the <a href="#">FREE challenge!</a>   |
|   | Become a member of the <a href="#">FREE challenge!</a>   |
|   | <a href="#">Sign up now!</a> or reach her on <a href="#">LinkedIn</a> or <a href="#">Twitter</a> . |



### Quote to remember:

***'We are just human beings, and we are going to do our best. We are allowed to grow and evolve and change. And goodness me, haven't we changed a lot and had to grow in the last couple of years. And actually, I think that's really healthy.'***

## What You Will Learn

It's not easy to prioritise your wellbeing when you're so used to overworking. It's easy to blame yourself when you get sick or cannot be perfect at what we do. Here's the thing, though — you're human and there's nothing wrong with imperfection. It has no bearing on your worth and who you are as a person.

This workbook will challenge you to think about how you can change and become more confident. It will also help you dig deeper into subconscious core beliefs that may be affecting you negatively.

The activity starts with the first step of self-coaching. You'll check in on your recent emotions and observe how you're doing. After noting your prevalent emotions, you'll then reflect on why you've been feeling this way. This reflection is a step back and time for you to stop running on autopilot. This is the time to observe what needs to change.

Next, you'll be challenging your core beliefs and think about how you handle criticism, 'imposter syndrome', and perfectionism. You'll start by reflecting on a recent experience with complaints and identifying what exactly bothered you about it. This will help you reflect on your core beliefs and what kind of criticism triggers them.

When thinking about imposter syndrome, reflect on your relationship with perfectionism and how you give yourself permission, or not, to be imperfect. As mentioned in the episode, some cases of imposter syndrome can be internally or externally driven. Take time to reflect on your workplace environment and your emotions with a discerning eye.

Finally, self-confidence is also about choosing a life where you can be happy without regrets. Without realising it, you may have developed habits and beliefs that are





under the 3 major categories of regrets. Being aware of this can help you make better choices as you move forward.

Completing this exercise is just the tip of the iceberg. You'll need to assess regularly where you are and where you want to be. Remember, come back to this worksheet every so often and keep checking your emotional state and how your beliefs are affecting your life.

You're worthy of a fulfilling life. Don't let anyone tell you otherwise.

## Activity: Overcome Negative Core Beliefs

### A. Self-Coaching

**Q1. How are you doing and feeling? What emotion is prevalent recently?**

**Q2. On a scale of 1-10, rate the following emotions you're experiencing. 1 is the lowest, and 10 is the highest.**

Emotions	Scale
Stress	
Anxious and Worried	
Relaxed	
Happy	
Upset and Irritable	

**Q3. Based on your previous answers, why do you think a certain emotion is prevalent? Why did you give certain emotions their respective rating?**



## B. Core Beliefs

Q4. How do you usually take or respond to criticism?

Q5. In the space below, share an experience with a recent criticism that bothered you. Describe the following:

- What was the context of the criticism?
- Who gave you that criticism?
- What did you feel after getting it?

Q6. Why do you think that criticism bothered you? Can you identify a core belief that was triggered by it?



**Q7. After listening to the episode, how did you change your perspective on imposter syndrome?**

**Q8. Before listening to the episode, did you ever label yourself with imposter syndrome? If yes, explain why. If not, explain why not.**

**Q9. What part of your life do you prefer to be perfect?**

**Q10. How can you give yourself more compassion and permission to not be perfect?**

**C. Live Life**

**Q11. In your own words, list and describe the 3 main categories of regrets.**





Q12. Is there any aspect of your life that fits any of the 3 categories?

Q13. What needs to change so you can live a life without regrets?

**CPD time claimed:**

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