

Double Your Self Belief



If ever I'm having a little wobble, doubting myself or making myself small I turn to the inspiring Fiona Harrold's book on [Indestructible Self Belief](#).

I work through her five steps below to get me back in the groove:

1. Choose an area of your life that you want to focus on to increase your self-belief
2. Identify your current level of self-belief in that area (from 1-100)
3. Ask yourself: 'What is this lack of self-belief costing me?' (add to your list over a period of time as things occur to you)
4. The difference it would make to my life if I doubled my self-belief would be.....
5. Live one day at a time as if you really did have double the amount of self-belief in that aspect of your life. Put on the mantle of someone with double the self-belief. What would change?

So what is the mantle YOU need to put on to double your self-belief? For Susie [it's Batman](#).

Today I've been channelling my inner Amazonian woman (but with more clothes on).

I stopped making excuses, stopped being 'too busy' took a deep breath, lifted my metaphorical spear and

Result!