

SELF-EMPLOYED SINGLE MUM MASTER YOUR MINDSET EXERCISE

1. Face your fears.

What's the worst that can happen if you become self-employed? Get a note pad and write down EVERYTHING that comes to mind no matter how silly:

2. Analyse your fears.

For each fear above ask yourself:

- > How likely is it that this will REALLY happen?
- > What is at the root of this fear? Is it real or is it self-doubt?

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3. Research your fears into submission

Knowledge is power. List any fears here that you can do something about right now either by brainstorming solutions or schedule time to do some research.

- 1.
- 2.
- 3.
- 4.

4. Dig into your self-doubt

List the fears that are self-doubt and dig down to see what the root of that negative self-belief is:

Fear



Negative self-belief

1. eg. I won't get any clients
- 2.
- 3.
- 4.

1. I'm not good enough
- 2.
- 3.
- 4.

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5. Tackle self-doubts from all angles

For each negative self-belief write down a reason it's not true:

Self-doubt 1: _____

Evidence this is NOT true:

1.

2.

3.

Self-doubt 2: _____

Evidence this is NOT true:

1.

2.

3.

Self-doubt 3: _____

Evidence this is NOT true:

1.

2.

3.

Other techniques to try:

EFT

Journalling

[Click here to read the full post and process.](#)