



EPISODE 09 // TRANSCRIPT

# BUILDING UNSHAKEABLE SELF-BELIEF

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Have you ever stood at the edge of a decision, your heart pounding in your chest, and you're really feeling the weight of the moment? Maybe it was an interview for that promotion you've been waiting for, finally launching your own business venture, or even something as personal as expressing your feelings to someone special.

In these nail-biting moments, there's something powerful that can make all the difference in tipping the scales in your favor – your self-belief. It's that tiny superhero inside you who shouts from the rooftops, "you've got this". But what happens when that superhero voice is more of a whisper than a roar? Or worse, when it's drowned out by a chorus of self-doubt and fear?

Well today, we're turning up the volume on that voice because believing in yourself is the secret sauce to every success story you'll ever write in your lifetime. From shaking off the self-doubts to standing tall in the face of challenges, this episode is your roadmap to building unshakeable self-belief.

So, if you are ready to amplify your inner superhero, stick with me and let's talk about how to do exactly that.

Welcome to The Self-Creation School podcast, for women who are ready to ditch mediocrity, step up and get more of what they want, and finally say YES! to a life that sets their soul on fire. I'm your host Leanne Letica, Self-Creation Coach, founder of The Self-Creation School AND Queen of YES!. If you're ready to play life by your own personal rule book, and give yourself permission to say YES! to yourself and your wildest dreams, this podcast is the place for you.

Hello, beautiful souls, and a warm welcome back to this space where we say YES! to living a life we love in all the ways that actually matter. I'm genuinely thrilled you're here with me today, and if you're tuning in for the very first time, a special welcome to you, my friend. You've chosen the perfect episode to start, and I'm so glad you're listening in.

Today I'm talking about building unshakeable self-belief. The kind of belief that stands tall and strong in the face of life's challenges, that unwaveringly supports your dreams and powers you through the obstacles that you will inevitably come up against in saying YES! to the life you want.

Over the years, I've seen firsthand the results of self-doubt in my life and the transformational power of self-belief. In fact, as I record this episode, it's snowing outside my window and seeing the snowflakes gently float to the ground always reminds me of the power of my self-belief and the impact it has on the reality I experience.

For a very long time, I dreamed of living in Europe, and for many years I doubted in my ability to make that happen. I doubted my worthiness for that to be my reality. And it is only through building unshakeable self-belief that I was able to pack up my entire life in 2022 and move from my home country, Australia, to the other side of the world. Without that belief in my capabilities,

in my worthiness to experience something different, something I dreamed of, I wouldn't be sitting here today watching the beauty of that snow falling outside my window. And my friend, to say my life has been impacted would be a complete understatement. My entire life has changed and in all the ways I dreamed of it changing.

Having unshakeable self-belief goes far beyond simply feeling good about yourself on the surface. It's about deeply knowing your worth, trusting in your capabilities, and holding on to that knowledge even when external situations, or that convincing storyteller in your head, try to shake you.

Let me tell you, when I decided to move continents, there was a lot of external and internal noise about why that shouldn't be possible, how I would fail, what could go wrong. And let's be honest, we've all had moments where our self-belief was put to the test like this. Maybe for you, it was during a major life change or a significant setback, or when you've been faced with stepping into the unknown like I was. And when our inner superhero is being silenced by all the noise, it's really easy to allow self-doubt to take the lead role in our story and in shaping our outcomes.

But here's the thing, building unshakeable self-belief means that when times get tough or challenging, and self-doubt puts up a fight, you can fight right back with the strength of your self-belief. And so today, I'm going to share how you can strengthen your self-belief to ensure that it's robust enough to support you in saying YES! to the things you want.

So, let's dive in. And let's start by really defining what self-belief is and isn't. As I mentioned before, at its core self-belief is that deep rooted confidence in your own abilities and worth. It's not just thinking you can do something, it's knowing it with every fibre of your being. But this isn't about arrogance or over confidence here. Those come from a place of needing to prove oneself to others, and they are often a mask for underlying insecurity. Self-belief doesn't

need an audience. It's a personal conviction, a quiet assurance that doesn't shout, but firmly says, "I am capable".

Self-belief is a crucial component of your SELF wealth and your ability to create successful outcomes in your life. It's like the engine driving every action you take. Think about it. When you truly believe in yourself, you're so much more likely to pursue your dreams, to face those challenges head on and bounce back from those setbacks. Self-belief is the difference between letting fear of failure paralyze you and embracing failure as a stepping stone to your growth.

In every success story, at the heart, you'll find an unwavering self-belief. It's what drives entrepreneurs to launch start-ups amidst uncertainty, athletes to break records against all odds, and individuals like you and me to say YES! to our dreams no matter how far-fetched or out of reach they may seem.

But having self-belief isn't just about achieving monumental feats. It's also about those everyday victories, those small steps forward, and the personal battles won. It's choosing to apply for that job, to start that project, to introduce yourself at a party, to stand up for what you believe in, or simply voice your needs, even when doubt whispers "are you sure you can do this?".

And I want to highlight again, the transformative power of having this kind of self-belief. It really does have the ability to not just change your outcomes, but to change the course of your entire life. It's the key to unlocking your full potential, my friend, to living a life that's not confined by fears or limited by what others deem possible.

Your self-belief shapes your reality, it influences your choices and ultimately, it creates your experiences. With a strong self-belief, you become more resilient, more adaptable, and more open to all of the possibilities that life has to offer. It's the foundation upon which you build your dreams one YES! at a time. It's

having that inner superhero voice that encourages you to keep going, to rise above challenges and to embrace your journey with confidence.

My friend, having unshakeable self-belief is not just about being able to reach for the stars. It's about truly believing you have the right to touch them. Because it's having that kind of belief in yourself that has a profound impact on the success you're able to achieve when reaching out for your goals and dreams. It really is like the secret ingredient that can turn an ordinary recipe into a gourmet masterpiece.

And as I've said, self-belief influences every aspect of your life. Let's consider the process of decision-making. With a strong sense of self-belief, you approach choices with confidence, not just hoping for the best outcome but trusting your ability to make it happen. This trust in oneself is what separates those who dream from those who do. It empowers you to take calculated risks, to step outside of your comfort zone and pursue roads less traveled because you believe in your capability to navigate them successfully.

How about resilience? That incredible ability to bounce back from failure is so deeply rooted in self-belief. Resilience is what enables you to see failure not as a reflection of your worth, but as a valuable lesson, as a stepping stone on your path that helps bridge the gap between where you are right now and where you want to go.

This perspective is crucial because let's face it, the road to success is rarely a straight line. It's filled with bumps, detours, and sometimes dead ends. But when you travel with self-belief as your compass, you navigate these challenges with grace, with learning and growing, and ultimately, you emerge stronger on the other side.

As I shared earlier, my own journey of moving continents from Australia to Europe is a testament to the power of self-belief. For me, it was a dream that seemed far too big for, gosh, at least 10 years or maybe more. I had so many

'what ifs' and 'buts', and not just from me, but everyone around me. Honestly, the external and internal noise was deafening, with every logical reason pointing towards why this move shouldn't be possible.

And it was only in building unshakeable self-belief, that I turned my impossible into my reality. That I could finally believe in my worthiness to experience the life I dreamed of, in my capability to navigate the uncertainties of such a massive change, and in my resilience in facing the countless challenges along the way. My friend, I can tell you, there were plenty of challenges along the way, but having this unwavering self-belief allowed me to say YES! to my dream, one decision at a time.

This story, my story, is just one of many. You may have your own. The world is filled with individuals who have achieved extraordinary outcomes because they believed fiercely in themselves. They saw beyond the immediate hurdles, they focused on their vision, and they trusted in their ability to make it a reality. These are the people who remind us that success isn't just about talent or luck. It's about believing in yourself enough to pursue your dreams until.

So again, as we continue this conversation, remember that self-belief isn't just a feel-good concept, it's your most powerful ally. It's the voice that says "yes, you can", even when the world is whispering, "maybe you can't".

And let me assure you, having this kind of unshakeable self-belief is within your reach. It's simply a process, one of recognizing your worth, acknowledging your strengths, and gradually silencing the doubts that have held you back. It's not about being fearless or avoiding failure. It's about facing life with a conviction in your heart, that no matter what comes your way, you have the power to overcome it, to grow from it, and to succeed beyond it.

Remember, the foundation of every success story isn't just skill or opportunity, it's the unshakeable belief in oneself. And on that note, let's talk about how to peel back the layers of self-doubt and start building your self-belief.

Let me just say, navigating through your layers of self-belief is a little like walking through a fog – it can cloud your vision, making it really hard to see the depth of your worth and your potential. So understanding where this fog comes from and how to clear it, is crucial in your journey to building unshakeable self-belief.

So, the very first step in overcoming self-doubt and building your unshakeable self-belief is identifying where your self-doubt comes from. Often, it's a concoction of past failures or rejections that whisper, "remember last time?". Or it might be the face of the unknown placing those seeds of doubt in your mind, "what if you can't handle what's coming?".

For many of us, comparison plays a significant role too, especially with the ever-present spectacle of social media showcasing these picture-perfect lives and the pinnacle of successes. Comparing ourselves to these kind of highlight moments can create a false narrative that everyone else is succeeding effortlessly while we alone face struggles. And that leaves us feeling isolated in our experiences, which only further serves to magnify our doubts. Comparison is definitely a big one in our modern world.

So, spend some time to think about where your self-doubt is coming from. What's the story behind it? What happened to cause you to doubt yourself? Recognize these stories and ask yourself, "are they really true?". Then look for all the evidence of how these stories are not the only truth. Because when you do that, you establish that the truth you're holding onto can in fact be different.

The second thing that is important in overcoming self-doubt is to acknowledge it and label it. This helps expose self-doubt for what it really is. So firstly, when self-doubt appears, acknowledge it, invite it to sit at your table, and allow it to be present. Self-doubt becomes so much stronger when you resist it. You've probably heard the saying – what you resist, persists. So let it show up, let it be present, but you don't have to let it be the star of the show.

This is where labeling comes into play. Labeling your self-doubt for what it is, helps to remove ownership of it. So when self-doubt shows up and starts trying to sell you on all its negative stories, you label it, "this is self-doubt talking right now". And you can have some fun with this. Personally, when self-doubt knocks on my door, I love to say, "well, look who's here, self-doubt has come to the party. Come on in self-doubt and watch how we do things around here now". And yes, I might even say that out loud.

Listen, letting your self-doubt know that it is a guest and that you are the hostess, is a really powerful way to remind yourself that the conversation self-doubt brings to the table is merely the opinions of a guest that are no longer your own. They are no longer the truth that you ascribe to.

And with that foundation laid, let me share six ways to build your self-belief.

Number one is to challenge your negative self-talk and cultivate a positive mindset. The language you use with yourself shapes your perception of reality. So start monitoring your internal dialogue and each time a doubt creeps in, challenge it. Ask yourself, "is this really true?". More often than not, you'll find that your capabilities far exceed these fleeting thoughts of inadequacy.

Then shift the thoughts behind this doubt from self-criticism to self-encouragement. So instead of saying, "I can't handle this", you could say, "I'm learning to handle this". This will help you adopt a more optimistic outlook and this is fundamental in nurturing your self-belief.

Number two is to do a limiting beliefs detox. Spend some time to identify the beliefs that limit you ahead of time when self-doubt is not trying to steal your show. So those beliefs like, "I'm not good enough", or "I can't do this", or "I'll just fail again". Write them down then counter each one with evidence of your abilities and successes.



Make sure you look far and wide for your evidence. If you have had success in one area of your life, then this is evidence that you can be successful, that you are good enough, and that you don't always fail. And this exercise isn't just about positive thinking. It's about reprogramming your mindset to recognize and celebrate your potential.

Number three is to set and achieve small goals. Confidence blooms with every small victory that you experience. So break your larger goals into manageable bite sized objectives. Achieving these smaller targets not only keeps you moving to your ultimate goal, but it also provides a constant stream of success experiences, and each accomplishment reinforces your belief in your abilities.

Start with tasks you know you can achieve, and gradually increase their difficulty as your self-belief strengthens. This strategy builds a solid foundation of confidence, making those larger challenges seem so much more surmountable.

I personally like to break my bigger goals up into 30-day goals and then break them again into weekly and daily goals. This way, my success is constant, as opposed to being on some distant horizon. I think we all tend to forget that our larger successes are really only a series of smaller successes added together over time.

And so following on from that, number four is to visualize your success. Visualization is a powerful technique for reinforcing self-belief and focusing on your desired outcomes. Regularly take time to vividly imagine achieving your goals, feel the emotions associated with success, visualize the steps you took to get there and the obstacles you overcame. This mental rehearsal primes your subconscious to recognize and act upon opportunities that align with the path that you envision. It also serves as a motivational boost, keeping the flame of your aspirations burning brightly inside.

I encourage you to put pen to paper and write down what you envision in as much detail as possible. This is not a time where less is more. The more detailed and specific you can be in what you visualize, the more powerful this process will be for you. And in transferring this vision from your mind to paper, is in itself an act of making it real. Your vision is now in black and white, it's tangible. And that is a very powerful force.

Now, number five is to build a supportive network. I say this often, and I really cannot say it enough. Surround yourself with people who believe in you and your dreams. Often, a word of encouragement from someone you trust can be the lifeline you need to pull yourself out of the quicksand of self-doubt.

So, your support network could be friends and family, but honestly, most often it's not the best choice. I encourage you to look for like-minded groups to join where you can express yourself openly and honestly. And I also highly recommend having at least one coach or mentor that you work with on some level.

Personally, I have several coaches and mentors that I work with in various aspects of my life and business. And let me tell you, the difference between the results I can create with that kind of support network and the results I create on my own, is vast.

And the final thing I have to offer, and this is a powerful one, is to embrace failure as a learning opportunity. Reframing your perception of failure is crucial in building unshakeable self-belief. Instead of viewing setbacks as indicators of your inadequacy, see them as invaluable learning opportunities.

Every attempt, successful or not, gives you valuable insights that can better guide you in your future endeavours. Reflect on what didn't work and why, and use these lessons as stepping stones. This approach not only diminishes the fear of failure, but also enriches your journey with growth and resilience.

Now, I won't tell you that building unshakeable self-belief is an overnight process. It requires patience, persistence, and a willingness to step outside your comfort zone. But by gradually turning the volume down on your inner critic and amplifying the voice of your inner superhero, you will develop a stronger, more resilient self-belief.

Remember, the only person who needs to believe in you for you to succeed, is you. Investing in your self-belief is one of the most rewarding investments you will ever make. One that will unlock the door to opportunities and experiences that once seemed beyond your reach.

Before we wrap things up today, I want to share some quick tips for maintaining your self-belief, especially when faced with adversity or when progress feels agonizingly slow.

So, tip number one is to reflect on your past successes. Remember the hurdles you've overcome in the past. Every victory, big or small, is a testament to your resilience and capability. I recommend keeping a success journal or perhaps a victory list to remind yourself of these moments when doubt creeps in.

Tip number two is to stay connected with your why. Your why is the driving force behind your goals. So revisiting and reconnecting with the reasons behind your aspirations can reignite your motivation and reinforce your self-belief, especially during tough times.

Tip number three is to practice self-compassion. Be kind to yourself. Recognize that setbacks are not failures but part of the growth process. Speak to yourself as you would to your best friend, with understanding, encouragement, and compassion.

Tip number four is to limit exposure to negativity. So whether it's media, that means social media platforms or other kinds of media, or even pessimistic individuals in your surroundings. Minimize your exposure to negativity.

Surround yourself with positivity and sources of inspiration that uplift your spirit and reinforce your self-belief.

Tip number five is to break down your challenges. View your challenges as opportunities for growth. Break them down into manageable parts, tackling each piece one step at a time. This approach can make your obstacles seem far less daunting and far more surmountable.

Tip number six is to seek out support. Lean on your support network. Sharing your struggles with trusted friends and family, who are on the same page as you, or your coach or mentor can provide you with different perspectives, valuable advice, and the emotional support needed to persevere.

And lastly, tip number seven is to stay flexible and adapt. Be open to adjusting your plans. Sometimes the path to our goals requires us to be flexible and adapt to changing circumstances. This adaptability can be a strength, not a sign of weakness.

Maintaining self-belief in the face of adversity is about reminding yourself of your inner strength and the reasons behind your journey. It's about nurturing that inner conviction that you are capable, that you are worthy, and that you are resilient. So, by employing these kind of strategies, you not only preserve your self-belief, but also emerge from your challenges stronger and more determined. Remember, it's not the absence of obstacles that defines your success, but your ability to persevere through them, supported by an unshakeable belief in yourself.

My friend, self-belief is a vital part of your SELF Wealth, and we have covered a lot of ground in this episode today because it is such a big topic. As we wrap things up, I invite you to think about where in your life can you start silencing your doubts and begin to turn the volume up on your self-belief?

Remember the foundation of every success story, every dream realized, and every goal achieved starts with a single unshakeable belief in oneself. Your journey towards building this belief is unique to you but know that with each step you're paving the way for not just personal achievement, but for a life filled with the purpose, joy, and boundless possibilities that you desire.

Thank you for sharing this time with me and for being open to the journey of self-discovery. Don't forget, you are capable of creating the life you dream of one YES! at a time. I'll see you in next week's episode.

Until then, be the woman who says YES!

Hey, have you joined my FREE mini-workshop the Week of YES!?! This powerful five-day workshop will help you take your foot off the brake and start saying YES! to more of the life you crave. Isn't it time you created a life you're beyond excited to wake up to? It all begins with saying YES!. Head over to <https://selfcreationschool.com/weekofyes> and get started on your YES! story today. I'll see you there.