

DOUBT MONSTER

PLANTS WORRIES AND MAKES US
QUESTION OURSELVES

1. "What if
you fail? You're
not good enough."

2. "You can't
do that. It's
too hard."

3. "What if
people laugh
at you?"

DOUBT
KEEPS YOU
STUCK

4. "You always
mess things up.
You'll never
get it right."

5. "It's
safer not to
try. Just stay
in your
comfort zone."

TRY

PRACTICE

LEARN

GROW

NEW SKILLS

CONFIDENCE

BRIGHTER
TOMORROW

DON'T LISTEN TO DOUBT!

**YOUR PERSONAL POWER GROWS WHEN YOU TRY, KEEP GOING,
AND BELIEVE IN YOURSELF!**