

“Believe in You”.

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Self-Belief

No one is born with superhuman confidence or shielded from disappointment and loss in life. We are all fighting our own inner battle as we navigate the external obstacles on our path. Sometimes a small setback or failure is enough to stop us in our tracks, make us give up and revert to old negative patterns of self-doubt and fear. Failing at something can bring up many

better and lead on to embracing challenges and seeing new learning opportunities.

We all want to feel successful and achieve our goals but in truth, failure is part of the process of learning. No one was born doing everything perfectly.

Risk is part of living but if we fear failure, we might not even



undesirable, unproductive feelings and thoughts. While we may not be able to control these feelings of unworthiness and humiliation, we can learn to manage them in a positive way.

Failure is not negative, but how we respond to it will define how we see ourselves. Failure is a stepping stone to success if we can learn what went wrong. Figuring out what happened and why, can make our next attempt

try. Any worthwhile accomplishment takes us outside our comfort zone. By viewing challenges as opportunities to grow we can learn to accept the insecurity and to expect some setbacks.

Believe in You, Believe You can do it!

“Don’t worry about failure. Worry about the chances you miss when you don’t even try.”
Sherman Finesilver

Marie Wellness clinic

As you can see the theme this month is all about believing in yourself.

Whenever we face a challenge or attempt something new, we are being asked to trust ourselves, make mistakes and accept the possibility of failure. We know that success lies on the other side of fear, but it can be difficult to stop self-doubt creeping in making us want to give up.

No one is immune to fear but having the courage to press on in its presence is the key.

Don’t let negative self-talk crush your spirit and negate your worth and remember that risk is part of life. Believe in you!

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