



## **Beliefs & Self-Belief Discussion Notes**

### **What do we understand by self-belief?**

- Capability and credibility
- Foundation of Confidence
- Doing something well and feeling you're capable of doing a good job
- Grounded confidence
- Being true to yourself and your values
- Feeling secure and comfortable
- Trusting your own thoughts, views and opinions. Even if people have different views

### **Why is self-belief important?**

- Feeling productive, accomplished, and fulfilled
- Make you feel capable and the idea that you can be more capable
- If you don't believe in yourself then no one else will
- Positive thoughts to banish negative thought and self-doubt
- More relaxed and minimise feeling of being on edge
- Helps us to define who we are
- Persuades others that you have value
- Gives us the courage to act towards our own goals
- Ability to reinforce our own boundaries
- Inner strength



### **What impacts our self-belief?**

- People – Partners, family, friends etc. (Positive and Negative)
- Affirmations (Positive)
- Health and Well-being (Positive and Negative)
- Past experiences (Positive and Negative)
- When actions do/don't produce results (Positive and Negative)
- Emotions/Hormones/Energy (Negative)
- Social Media (Positive and Negative)
- Role models (Positive)
- Environment in general
- What I'm working on
- Metaphors

### **What can we do to build/strengthen our self-belief?**

- Be kind to ourselves
- Look after ourselves – exercise, bath, chocolate, wine etc.
- Pep talks – 'I am more than enough'
- Keep away from environment/people that can damage or are toxic
- Be mindful of how we talk to/about ourselves
- Surround ourselves with positive/Get rid of the negative
- Reflect on past achievements and celebrate them – Big, small, all and any
- Discuss things with others and get different points and perspectives
- Push ourselves to take actions that scare/go out of comfort zone



### **Takeaways and actions**

- Boundaries – saying no/stop people pleasing
- Journaling
- Make sure I'm looking after myself
- Take the courage
- Trust your own opinions and thoughts
- "I'm just..." – Don't apologise
- How we talk about ourselves – make this positive!
- It's OK to have these feelings and recognise them for what they are
- Not to speak negatively about ourselves or others (can affect their self-belief)