

5 Scripts to Release Self- Doubt for Entrepreneurs and High Achievers

Kiara D. Perkins, M.S.
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You Got This!

A 2020 survey found that most entrepreneurs experience moderate to intense feelings of imposter syndrome.

Self-doubt shatters your mindset because it keeps you stuck, playing small, and maybe even feeling unworthy.

This resource helps you process common fears behind self-doubt so you can focus on what matters most -- serving at the highest level with courage and confidence!



Kiara D. Perkins, M.S. in Counseling

Script #1

Fear of Being Unqualified:

1. Specifically Negative: "I have no idea what I'm doing. I'm completely unqualified for this role and I'm going to mess everything up."
2. Generally Negative: "I'm not good enough to be successful in this business. I don't have the skills or experience that others do."
3. Neutral: "There are still some areas where I need to develop my skills and knowledge. But I'm capable of learning and improving over time."
4. Generally Positive: "I've worked hard to get where I am, and I have valuable expertise and strengths to offer. I can handle the challenges that come my way."
5. Specifically Positive: "I was chosen for this role because of my unique qualifications and abilities. I have everything I need to thrive and make a meaningful impact."

Script #2

Imposter Syndrome:

1. Specifically Negative: "Everyone is going to see through me and realize I'm a fraud. I'll be exposed as a complete failure."
2. Generally Negative: "I don't deserve the success I've achieved. I'm not as capable as people think I am."
3. Neutral: "It's natural to have moments of self-doubt, but that doesn't mean I'm incapable. I can acknowledge my feelings without getting caught up in them."
4. Generally Positive: "I've overcome challenges before, and I can do it again. I have the resilience and determination to push through any doubts or obstacles."
5. Specifically Positive: "I am talented, experienced, and well-prepared for this opportunity. I am exactly where I'm meant to be, and I'm going to make the most of it."

Script #3

Comparisonitis:

1. Specifically Negative: "I'll never be as successful as my peers. They're all so much smarter and more capable than I am."
2. Generally Negative: "I'm not living up to my full potential. I'm just not cut out for this kind of work."
3. Neutral: "There are areas where I can improve, but I'm making progress every day. I'm committed to continuous learning and growth."
4. Generally Positive: "I have unique strengths and talents that set me apart. I'm on my own journey, and I'm doing the best I can with the resources I have."
5. Specifically Positive: "I'm proud of how far I've come and the obstacles I've overcome. I'm confident in my ability to achieve my goals and make a lasting impact."

Script #4

Unworthiness:

1. Specifically Negative: "I'm not good enough to be in this room. These people are way out of my league, and I don't belong here."
2. Generally Negative: "I'm not cut out for this level of success. I'm going to let everyone down and disappoint them."
3. Neutral: "It's normal to feel a bit out of my depth sometimes. But I have the skills and resources to rise to the occasion."
4. Generally Positive: "I've been chosen for this opportunity because of my unique value and potential. I'm going to embrace the challenge and use it as a chance to grow."
5. Specifically Positive: "I am exactly where I'm meant to be. I have earned my place through hard work and dedication, and I'm ready to shine."

Script #5

Fear of the Unknown:

1. Specifically Negative: "I can't do this. I'm going to make a fool of myself and ruin everything."
2. Generally Negative: "I'm just not cut out for this kind of success. I'm going to fail no matter what I do."
3. Neutral: "I may feel uncertain, but that's a normal part of growth and development. I have the tools to navigate this challenge."
4. Generally Positive: "I've got this. I've proven my abilities time and time again, and I'm going to continue to exceed expectations."
5. Specifically Positive: "I am confident, capable, and ready to take on this exciting opportunity. I am going to absolutely crush it and show the world what I'm made of."

Give Your Mindset a Makeover, So You Can Create a Life You Deserve

Are you seeking help overcoming the mental and emotional blocks to success? Are you tired of the self-doubt, imposter syndrome, and fear holding you back?

Book a free strategy session with me to take back your power, find unstoppable courage, and fulfill your highest potential.

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