



Cards Against Negativity

OVERCOMING SELF-DOUBT

NEURAH



I trust my intuition.

YOUR GUT FEELING OFTEN KNOWS BEST. THIS
CARD ENCOURAGES YOU TO LISTEN TO YOUR
INNER GUIDANCE.





I've handled difficult things before.

RECALL YOUR PAST SUCCESSES AND
RESILIENCE TO BUILD CONFIDENCE IN YOUR
CURRENT ABILITIES.





Every step is progress.

EVEN SMALL EFFORTS ACCUMULATE.
ACKNOWLEDGE AND CELEBRATE EVERY MOVE
FORWARD.





I am capable of learning and growing.

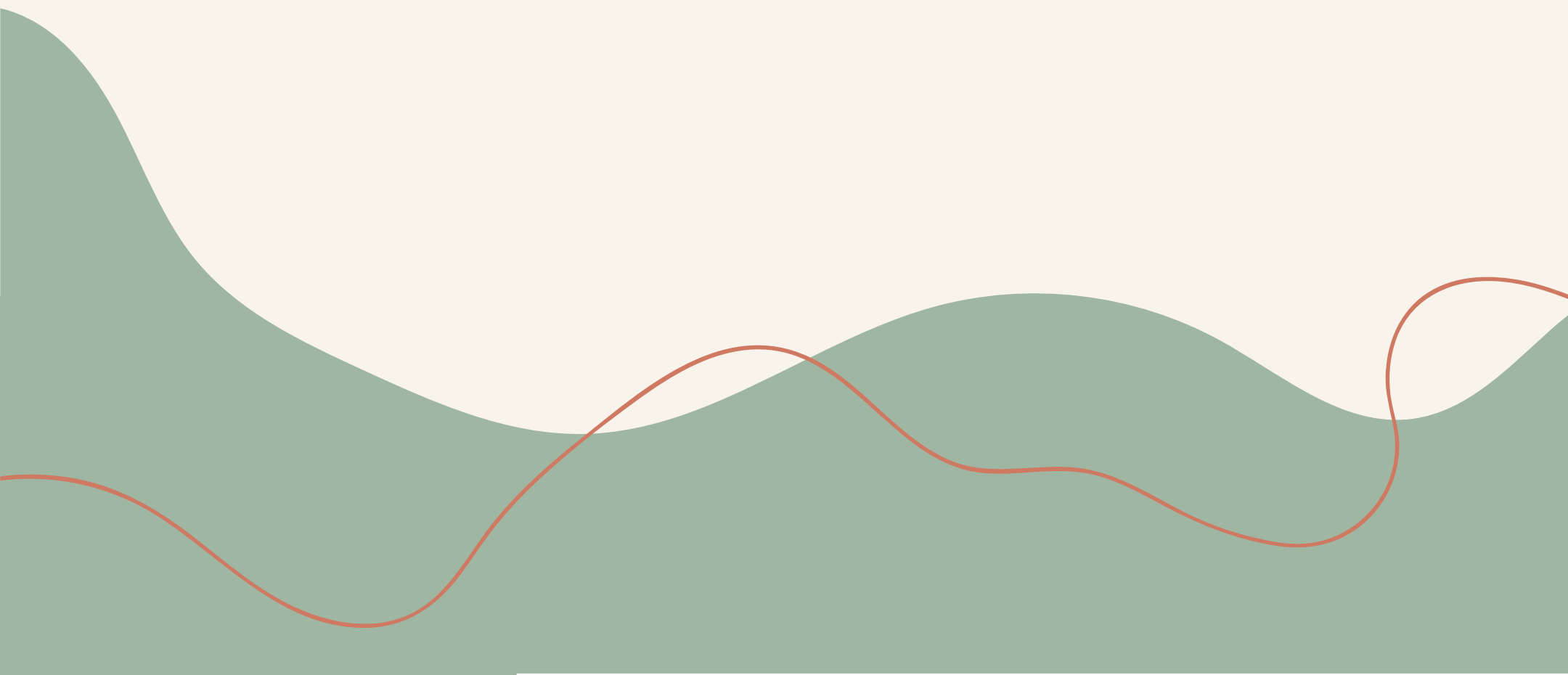
YOU DON'T HAVE TO BE PERFECT NOW. YOU
HAVE THE CAPACITY TO ACQUIRE NEW SKILLS
AND KNOWLEDGE.





What's the smallest action I can take?

BREAK DOWN INTIMIDATING TASKS INTO TINY,
MANAGEABLE STEPS TO BUILD MOMENTUM.





I embrace
imperfections as
part of the
process.

SELF-DOUBT OFTEN ARISES FROM FEAR OF
NOT BEING PERFECT. THIS CARD ENCOURAGES
EMBRACING FLAWS.





My unique
perspective is
valuable.

YOUR WAY OF SEEING THINGS IS DISTINCT
AND CAN OFFER FRESH INSIGHTS.





I am my own
biggest
supporter.

CULTIVATE AN INNER VOICE THAT IS
ENCOURAGING AND BELIEVING, NOT CRITICAL.





What would I do if I knew I couldn't fail?

THIS QUESTION HELPS BYPASS SELF-DOUBT
AND ACCESS YOUR TRUE DESIRES AND
COURAGE.





I am confident in my ability to figure things out.

FOCUS ON YOUR PROBLEM-SOLVING SKILLS
AND ADAPTABILITY RATHER THAN NEEDING TO
KNOW ALL THE ANSWERS UPFRONT.

