

## *Week 2: Confidence 10-10-22*

### **Doubt 2: Hiding**

**Hiding:** Triggered by fear of others and overwhelm.

**Looks like:** Avoiding, procrastinating, shrinking back, staying behind the scenes. (Characteristic: QUIET)

#### **Behaviors:**

- Focusing on big dreams, leading to overwhelm, an excuse not to act, and feeling paralyzed
- Not standing up for yourself or asking for what you want
- Actively protecting yourself vs. holding yourself back
- Being able to identify a dream and feel passionate about it but not having an actionable plan
- Shrinking back from opportunity and playing it small
- Afraid of being judged, looking like a fool, or disappointing or upsetting others

#### **Solution:**

***Step 1: Identify what you're afraid of and minimize the fear.***

- In what areas do you tend to hide and procrastinate?

- When you find yourself hiding and procrastinating, what is the fear that causes it?
- Why does this thing you're afraid of matter?
- Does it ACTUALLY matter?
- What could you do about it?

***Step 2: Identify the avoidance mechanisms you use to procrastinate.***

- What do you tend to do when you procrastinate (what behavior are you doing instead of what you should be doing)?

***Step 3: Identify what you actually WANT.***

- What is the big dream you use to overwhelm yourself and avoid taking action?
- Break down your big dream into actionable goals or steps. What do you actually need to accomplish and what are 5 to 10 sub-goals or steps?

***Step 4: Take small steps that move you toward your goals.***

- What is one small step you can take every day to make progress?