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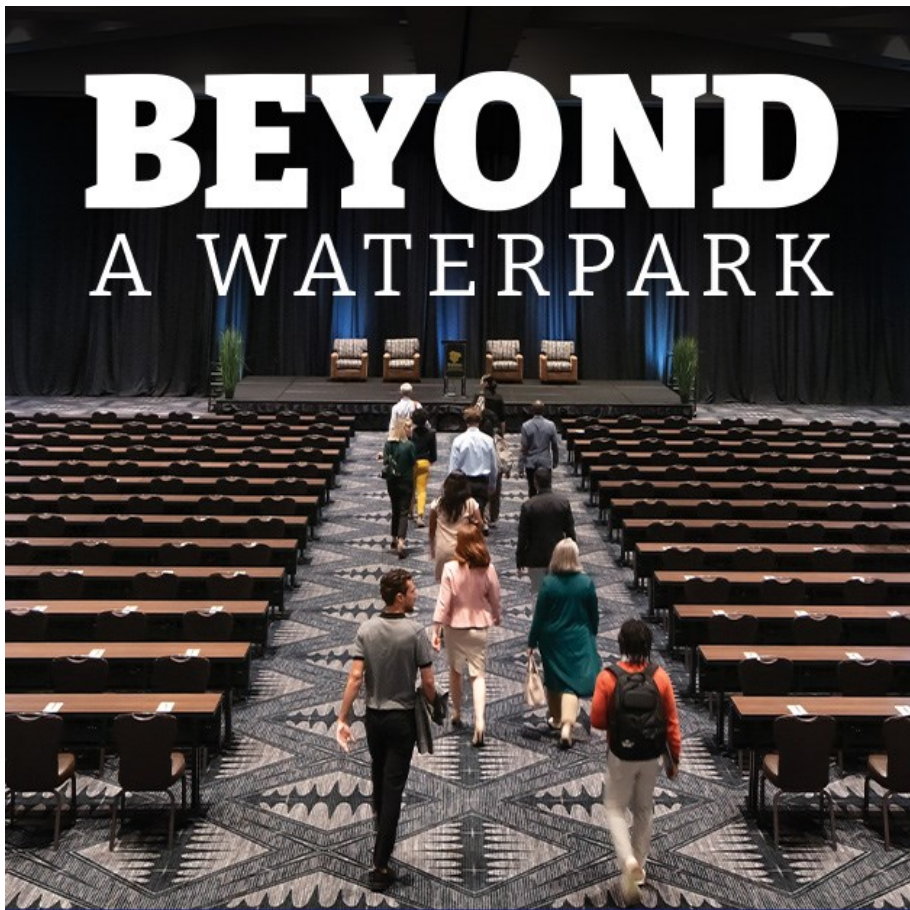
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Silencing Doubt: How To Trust Yourself

Amy Gerhartz

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Silencing Doubt: How To Trust Yourself

Have you ever struggled with trusting yourself? Trusting the next step, the next decision, or even the next thing you're going to say? Maybe you've felt on top of the world one minute, and then that dreaded Imposter Syndrome creeps in and whispers something into your ear that sounds like "you can't do this..." or "you're not good enough..."?

If so, I want you to know that you're not alone. In fact, I speak with clients all of the time who experience these same doubts and insecurities about themselves and their work. Clients that are incredibly qualified and experienced, that STILL get those creeping doubts and fear of getting "found out" if they make a mistake, which usually just leads to paralysis and not taking any action at all.

Sound familiar?

So the question then becomes: How do you change this? How do you push past those moments of hesitation and self-doubt to finally take action and trust yourself?

Well, I've got a few tips that I believe will help reground you back to reality, when those thoughts and feelings begin spiraling out of control.

FEELINGS ARE NOT FACT.

It's easy to confuse our feelings with factual information. Now, feelings are absolutely REAL, but they aren't always factual. So it's important to mentally take a step back and remind yourself of what facts you have, and what you know to be true. For example, I could *feel* like I'm out of shape and that there is no way I could ever run a mile again. However, if I take a step back, I could remember the *fact* that I've already run and completed multiple 5Ks in my lifetime, so upon reflection of this information, I know there is a strong probability that I'm capable of running a mile again if I put in the right amount of training.

As I learned in therapy, it's very easy to let your emotions "drive the bus", but you get to be an adult when those emotions get out of control and take back the steering wheel.

USE YOUR PAST WINS AS MOTIVATION.

Far too many people I know don't celebrate themselves. They don't take the time to look at their accomplishments and praise the work they've done in the past. Somehow along the way, our society has confused celebration with selfishness, but I want you to know that there is a very BIG difference between confidence and arrogance. I believe if you take some time to celebrate yourself in a healthy way, by allowing yourself to be proud of who you are and what you've accomplished, this can be a great way to motivate yourself to do more and trust yourself along the way. Take a few minutes to write a list of everything you've ever done in your life that makes you feel good about yourself, and use this as proof of what you're capable of when those negative thoughts begin to creep in.

LET GO OF FUTURE EXPECTATIONS.

Most of the negative thoughts people have about themselves and their perceived futures, stem from a fear of something that hasn't even happened yet. It's easy for our minds to begin planning and filling in the blanks with "what if" scenarios, but all this does is create a false reality of something that's for the most part out of our control. So instead of trying to predict future events, work on letting go of what you THINK is going to happen, and attempt to view the unknown from a space of neutrality, where you just show up and do what you know you're capable of - one day, minute, and hour at a time.

Now, I'd love to be able to tell you that you only have to use these tips once or twice, and then all of your doubts, fears and insecurities will magically disappear... but unfortunately, I think we both know that's not the truth. Your mind has been working from a certain operating system for as long as you've been alive, so it will take consistent reminders and use of these tips (or tools) to create a new thought pattern moving forward.

Here's the good news: in time, you CAN create a new empowering belief system about yourself where you begin to really trust yourself every day, no matter what ends up happening down the road.

I hope this supports you along your journey, and remember, you are one of a kind and absolutely worth it!

HEAR AMY SPEAK MORE ABOUT IMPOSTER SYNDROME AT THE 2024 AENC ANNUAL CONFERENCE ON TUESDAY JULY 22ND AT HARRAH'S CHEROKEE CASINO RESORT.

ABOUT THE AUTHOR: Amy Gerhartz, Founder & CEO, [A Higher Way Of Living](#) believes in empowering individuals to take control of their lives, break out of their comfort zones, and to operate at a higher level. With a 20+ year background in performance, along with certifications in Leadership, Neurolinguistic Programming, Hypnosis, and Hypnotherapy, Amy understands the power of the subconscious mind, and how to connect with audiences of all sizes, in order to make an impact on and off the stage. She creates an easy-to-follow framework for her clients to shift their mindset and habits, master their communication skills, and stand in their leadership so they can reach their personal and professional goals.

Founder & CEO of A Higher Way Of Living and the "RISE UP Buttercup" Podcast, Amy has been seen on the cover of Las Vegas Entrepreneurs Magazine, Best Holistic Life Magazine, ABC, NBC, CBS, FOX, and was recently recognized as a "Leading Expert" by Powerful Professionals, and the winner of the 2022 Scale Fast Global Business Pitch Contest, receiving rave reviews from Mr. Wonderful himself, Kevin O'Leary of Shark Tank.

Need a quick confidence boost? Download our FREE Creating Instant Confidence Guide here: <https://ahigherwayofliving.com/instantconfidence>

We also have a quick and easy 30 Day Confidence Makeover program that will give you even MORE tools to help you trust yourself faster!

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