

Ways to Handle Doubt

Sometimes in life we experience doubt that can make perseverance difficult. Wilma had to face a lot of self-doubt, to do that she needed to have some self-help tools. Below are a few tools that you can use when overcoming doubt.

1 STOP COMPARING YOURSELF TO OTHERS.

Say: "A flower does not think of competing to the flower next to it. It just blooms. How many times do you look at another girl and pick apart what she is wearing and compare yourself to her? STOP. That leads to feeling of inferiority and negativity toward your body. You are meant to be you and no one else."

2 KNOW YOUR WORTH.

Say: "When you walk by a mirror, have the confidence to believe you are beautiful. Mirrors can steal joy. Even if you feel like the world is telling you differently."

3 PRACTICE "THOUGHT STOPPING."

Say: "Every time you start to wish something was different about your body or criticize yourself, stop that thought and tell yourself, 'I am a masterpiece and I am enough.'"

4 BE CONFIDENT.

Say: "Confidence is the best accessory a girl can wear." Imagine the way you appear with your head down, shoulders slumped, and looking at the ground. Now imagine you are walking with your head up, shoulders back, giving everyone eye contact and polite smiles, talking with conviction and passion. Which version of you are you drawn to? Which one do you want to be? BE THE STRONG, CONFIDENT GIRL! Be proud of your body. Pride leads to a healthy body image. Remember you are standing on firm cement on top of strong ground. Your body never should be a source of shame.

5 DO THE THINGS THAT LEAD YOU TO JOY.

Say: "What are your hobbies? Do you like to sing, write, dance, run? When you are feeling doubtful about yourself, do those things to help you feel better about yourself."

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