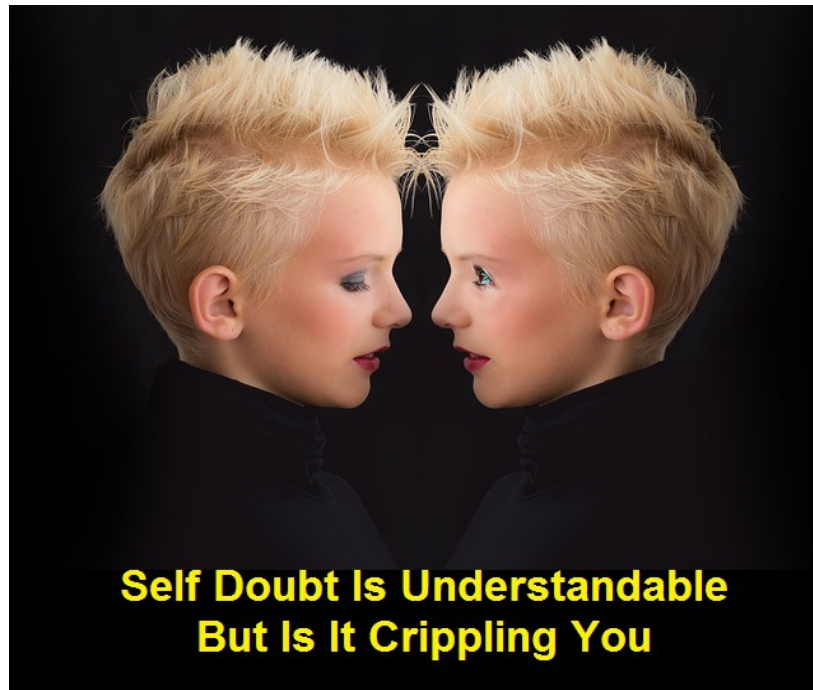


Self Doubt Is Understandable - But Is It Crippling You?

(The Entrepreneurs Great Big 'Elephant-Trap)



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Check in With Yourself to Recognize and Weed Out Self Doubt

Self doubt can creep into your psyche without you even suspecting it's there until the first niggling thought makes itself clear. You have to be aware of your thoughts and how you're reacting at all times to weed them out before they grow and take over your creativity and destroy your goals.

Doubts can run wild in your mind, making you question your abilities about anything new or different. If you're prepared, you can recognize the doubts for the lies they are and let your knowledge and common sense get you through.

When you check in to reality you'll realize that the negative thoughts are occurring for various reasons. For example, you could be lost in comparing yourself with others in marketing.

It may make you feel inadequate and doubt your ability to succeed. Make a firm decision and stick to it. When self doubt about what you're trying to accomplish creeps into your thoughts, make a decision to either carry through with your goal or trash it and go on with something else you're more certain of.

If you do decide to go on to something else, don't think of it as a failure. It was a learning experience that taught you a lesson and you aren't wasting any more time on it. If you decide to go through with the plan, take action immediately.

Making a fast decision may seem impulsive, but most likely the decision is based on intuition and the knowledge that you've prepared enough for the journey ahead. You can always fine tune your plan as you progress.

At least you're taking action toward your goals. Replace negative self doubt with positive thoughts. Choose any method that works for you. Meditation, journaling, affirmations, listening to music or reading a good book or simply chatting with positive-minded friends may give you the boost you need to move on.

All of us find ourselves dealing with self doubt at some point in our lives. If you let it get the best of you by feeding in to it and actually believing the lies you're telling yourself, it can destroy even the best of intentions for success.

Learn to recognize and weed out the crippling, negative thoughts and get on with achieving the goals you've set for yourself. Begin the learning process by becoming aware of your thoughts – check in with them a few times a day. You'll soon be able to discern the “keeper” thoughts from the “discard” pile.

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Comparing Yourself to Other Marketers Helps Self Doubt Thrive

Comparing yourself to other marketers can only be detrimental to your present and future successes. You may not be at the same experience level of those you're comparing yourself to and another person's success may not be the magical transformation you perceive it to be.

Self doubt can arise from the comparisons you make between you and fellow marketers. Some may seem to have the Midas touch to whatever project they choose to pursue – but you aren't privy to what goes on before the huge successes.

Those entrepreneurs who are successful have likely spent an enormous amount of time, money and effort on their ventures. It may look easy, but chances are they had many self doubts about their own potential for success before it happened.

Comparison to others and the self doubt that follows goes on in every business - but it's more prevalent in Internet marketing because you're always putting yourself out there, presenting yourself and your ideas to others.

If the many failures that are sure to happen were figured into the mix, another person's success may look entirely different to you. Huge and consistent successes of others can make you feel like such a loser – because someone is always making more money than you or seems to be successful with every launch of a product.

Comparisons like that are dangerous to your own self confidence and can defeat what you're trying to accomplish. You may not be aware of their many failures in the past or of how many hours and dollars they've spent getting to this point.

One way to look at comparisons differently is to view them as challenges. "If she can do it, I know I can!" may be exactly the boost of adrenalin you need to take action and make your own success come true.

Many people who have reached a certain level of success use comparisons to others as a tool to strategize their future business moves. It provides quick insight to trends and what's working for others so you can incorporate many of the same ideas for yourself.

Competition is fierce among many types of businesses – especially Internet marketing. Looking into strategies of other marketers can be a good thing if you use them as models rather than comparing yourself to them in a negative way.

Self doubt can become the nemesis of your future. Guard against comparing yourself to others in a negative light and focus on your present and future goals to lead you to the success you desire.

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Don't Confuse Self Doubt with Self Esteem

You may know for sure that you have the knowledge and experience to succeed, but there still may be nagging doubts that you can't or won't succeed online. These doubts can be confused with low self esteem, but they're very different in how they factor in to results.

When you have high self esteem, you feel good about yourself. You may be physically fit, very intelligent or are known for being a hard worker who gets the job done. Self doubt may creep in when you're faced with something new or different such as an online marketing business.

Even those who have been in the business long enough to have gathered a reputation of success can have doubts about their abilities to bring their businesses to the next level of success.

There's always something new to learn and you have to be ready and willing to put the time and effort behind your ideas. Self esteem comes from positive self-talk that brands you as a person you can believe in to achieve the outcome you want.

Self doubt can crush all of that by focusing on past failures, comparing yourself to other marketers and giving in to fear. One way to fight self doubt and let your self esteem take over is to take action.

That's the only way you'll ever gain the experience you need to reach the business goals you've set for yourself. You'll gain confidence as you progress through the smaller goals to reach the larger ones and this will boost your self esteem and push the self doubt into the background.

Self esteem is knowing your capabilities and self doubt only sets up obstacles for you to overcome to reach your goals. A little bit of both (self doubt and self esteem) is natural and can be good for you if viewed in the right way.

Your self esteem can push aside self doubt when it threatens to paralyze you and ruin your plans for the future. After all, you've succeeded with many things in the past and can do it again.

Reach back into your mind and remember the successes you've had in the past. If you're new to Internet marketing, you may have to remember successes in other areas of your life, but as you overcome the self doubts associated with marketing, you'll be able to feel good about yourself in that area, too.

Your self esteem will carry you far in life. The self doubt you may feel when starting a new business can be put to rest by taking action and gaining valuable experience that silences any questions about what you're capable of.

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Entrepreneurs Won't Get Validated By Anyone But Themselves

Validation is important to your self-esteem and can help lift you to new heights. Without it, self doubt sets in and you begin to lose belief in your ability to meet your goals. A child hopefully receives validation from his or her parents.

Positive reinforcement nudges the child to reach higher and try new things. Online entrepreneurs, however, usually have to validate themselves to feel good about themselves and what they've already accomplished.

The reason could be that not many people know how Internet marketing works and how much an entrepreneur has to plan and prepare to get the results he or she wants. There are ways to get what you need when it comes to validating your efforts.

Sometimes praise and gratitude come to you unexpectedly, but there are ways you can celebrate yourself and what you've accomplished. A gratitude journal can help you recognize all of the positive things that happened in your day or week.

Make notes of decisions or accomplishments you're proud of or those goals you've reached with your time and efforts. Even the simplest achievements can be a triumph you can celebrate.

Avoid judging yourself harshly. Those are negative thoughts you don't need and can affect your emotions and decision-making. Find the positive in what you're accomplishing and don't let anyone else have a part in judging you too harshly.

Ask yourself what you need right this moment to help you feel healthier, more motivated or energetic to reach and surpass the goals you've set for yourself. Try to provide what you need rather than rejecting or depriving yourself.

If you feel down and depressed, your body may need exercise or the proper fuel for you to feel more energetic. When you ignore those feelings, it's easy to become mired in negative thoughts and forget all of the good things that you've accomplished.

Validating yourself reinforces self-confidence and boosts the knowledge that you can do or be anything you set your mind to. Remember that validating yourself isn't a form of self absorption.

It's a way to renew your spirit of entrepreneurship and carry on to reach the success you long for. You'll gain strength and be better able to calm the negative and debilitating thoughts when you find ways to reassure yourself that you're worthy of the success you seek and extremely able to find the path to reach it.

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Finding The Right Balance Between Desensitizing Yourself And Taking It Too Personally

Criticism is sometimes difficult to manage. Constructive criticism, however well delivered, can hurt as much as the intentionally cruel criticism, but if you view both types the right way, it can be very helpful to you in your business ventures.

Some people seem to let criticism roll off their backs. Others lash out when they're criticized and may hurt what they're ultimately trying to accomplish. The best way to view criticism is with a balance between desensitizing yourself too much so you're unfeeling – and taking it too personally that it discourages you and sabotages your efforts.

Online criticism can be especially cruel because it isn't done face to face. You don't have to deal with the reaction of the other person, so you feel freer to criticize with harsher words.

A person may be in a bad mood when he criticizes your efforts and take it out on you undeservingly. Your first reaction might be to lash out at the person with some harsh criticism of your own.

The best way to fight that first reaction and keep yourself from reacting in a way you'll regret is to take a minute to give it some thought. Take a deep breath, step back and take no reaction at all until a later time when you've cooled down and are thinking more clearly.

Fight the negatives with positives. If someone has criticized you in a way that is rude and unjustified, finding a kernel of honest feedback in the criticism can turn it around so that both you and the person who criticized can learn from it.

Criticism can provide you with a unique opportunity to improve – and to show others that you have a unique and positive way of looking at and measuring feedback. When you thank others (especially those who criticize harshly) for their feedback, it will likely surprise them.

Your attitude may turn them around in their thinking and win them over to become fans. Even if the person doesn't react positively to your own positive attitude, you'll feel better about yourself.

Learning from the criticism you receive can make your business thrive. You may only learn a small bit of truth from the criticism, but it may spur you on to make a greater effort in your online endeavours.

Never let the words of others result in a heap of self doubt. Take their \$0.02 and apply it wherever you feel it's worthy and then discard the rest. Stay above the fray and accept criticism with grace and diplomacy rather than giving in to your first reaction.

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Free Yourself from the Exhausting Task of Self Doubt

The fallout from self doubt can be devastating and render you incapable of continuing to make rational business decisions. It's like flailing yourself with a whip day in and day out – a torture so blistering that all you can think of the pain it's causing.

When you let the exhausting task of doubting yourself take over your life, you'll be less likely to seize opportunities and have a more difficult time in beginning or finishing tasks that could bring you success.

Moving forward can be difficult as the voice of self doubt becomes louder and drowns out the reality of who you are and what you're capable of. Standing up to the chatter and telling the chaos and loudness to stop can help you break the destructive pattern of self doubt.

It's like turning the flame down under a pot of soup that's about to boil over. You take over control of your thoughts rather than letting your mind overflow with doubt and take those thoughts where you want to go.

Remember past times that you've doubted yourself or that fear kept you from taking part in a venture that turned successful. You likely ignored your instinct and gave in to the negative voices in your mind that told you it wouldn't work.

This time could be different if you don't allow the voices to take control. Each time you leave your comfort zone and ignore the self doubt torture, you come closer to realizing a positive outcome to your efforts.

Self confidence will replace self doubt and you'll finally be able to focus on your future success rather than past failures. Silencing the exhausting torture of self doubt will also boost your optimism about the future.

You'll become more confident about your abilities and motivated and enthused about your ideas. Take action even though you don't feel like it. Freeing yourself from the loud and destructive self doubt voices – if only for a few minutes – can calm the voices and help your mind find clarity and creativity.

You can always tweak the immediate actions you take later on. The real task of the moment is to get feedback, knowledge and experience so you can build your self esteem and empower yourself to success.

Conquering self doubt frees you to stay on the course and reach the goals you've planned for yourself. Don't let the voices of self doubt exhaust you to the point of abandoning your future success.

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Give Yourself Credit for Your Accomplishments

Being humble has always been a hallmark for kindness and esteem. But you can be humble while still giving yourself credit for your accomplishments. When you're proud about what you've done, the building blocks of self esteem become tighter and tighter and eventually, you learn to trust yourself and your decisions.

As an online entrepreneur, patting yourself on the back is a required trait. Every success that's passed on to others will make them sit up and notice you – and respect you for your hard work.

If you can't toot your own horn, it's going to be difficult for others to know what you've accomplished – especially in an online environment. And don't simply give yourself credit for professional achievements – personal achievements are important, too.

You may have lost weight over a period of time or achieved another personal goal that you're proud of. Those are triumphs that are brag-worthy. While you don't have to talk about yourself and your achievements until people are bored, it's okay to use it as a way to motivate others – and yourself.

Rewards are an important part of building self esteem and collecting the building blocks necessary for success. When you do achieve a long-sought after goal, reward yourself with something you can look forward to on your journey.

Even a day off spent with family or getting something for yourself that you've always wanted can be perfect. When you reward yourself, you're reinforcing your self esteem building and making it easier to move on to the next project.

Online entrepreneurs seem to have a problem with defining themselves as worthy and successful. Instead, they think about failures rather than successes and avoid telling their fellow marketers and lists that they're proud of what they've done.

When you praise yourself and what you've accomplished to other online marketers and customers, they're likely to begin conversations and want to know how you did it – and be genuinely proud of your triumph.

Giving yourself credit for accomplishments can open a whole new world of feeling good about yourself. And when you feel good about yourself, the world becomes your oyster and you can make your dreams and goals come true because you aren't telling yourself that you can't.

Gandhi once admonished people to, "Be the change you want to see in the world." When you change for the better or have little or big successes that you're proud of, let the world know. You could become an inspiration for others!

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Have You Become Your Own Worst Enemy?

It's one thing to hear negative talk about yourself from your enemies, but quite another to come to the realization that you're your own worst enemy because of what you do to undermine your self confidence and sabotage your efforts.

You may have experienced so much self loathing that you come to believe what you're saying. That's a dangerous place to be because you'll be frustrated, indecisive and unmotivated to follow a path that will lead you to success.

Imagine talking to a good friend or child with the same negative and hateful words that you use to talk to yourself. If you love that friend or child, you'd never think of using those tactics.

So, why do you berate yourself? The answer is that the demoralizing voice inside your mind has its own game plan – and that is to make you doubt yourself so much that you fail miserably.

You certainly wouldn't want a friend to fail because of what you said. When you begin to acknowledge and understand the power that the thinking process has over you, it's time to do something about it.

To overcome your own self, you have to be able to discern which inner words are unrealistic and begin to discard them from your vocabulary. During the self analysis process, ask yourself if you appreciate the small things in your life.

It's great to have grandiose goals and dreams such as a new house, car and plenty of money in the bank, but have you thought about the pleasure of a cool breeze on a hot summer day or the way the rain makes the world seem clean again?

Those are the small things in our lives which must also be appreciated for what they are and what they add to your life. When you learn to appreciate the smaller things in life, the satisfaction and pleasure you feel can make the negative thoughts easier to see for what they are.

When you're focused on the important things in life, such as your health and all of the blessings that have come your way, it's more difficult for negatives to take root in your mind.

Selling yourself short by practising negative self talk can damage and perhaps annihilate your full potential. You'll hold yourself back from experiences that can make you happy and fulfilled and make excuses about why what you want to do will never happen.

Try not to focus on things you have no control over and concentrate instead on your capabilities. Pat yourself on the back once in awhile. When it comes to Internet marketing, every day you show up to serve is a day worth celebrating!

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How Much Time Do You Waste Listening to Your Self Doubt Shout?

Procrastination is one of the many weeds that can grow in the garden of self doubt. And just as a beautiful garden can become overgrown with weeds that choke out the life of other plants, your business progress can come to a halt if you let self doubt take root in your mind.

You can become your own worst enemy when you let the negative musings of self doubt ruin your creativity and your ability to take action on an idea or goal you've set for yourself.

When your own self doubt begins to shout you down and out from creativity and progress, it's time to shut it up so you can get back to work. Put it in time out just as you would a two-year old having a temper tantrum and teach negativity that it can't play an active role in your life.

When you know you're wasting time on giving in to self doubt, it's easy to feel defeated and worthless. You may have deadlines to make such as an important launch. Your affiliates and list are waiting to see what you've created and you're paralyzed by those thoughts that you can't do it or are unworthy of doing it.

Self doubt rants can discourage you to the point of losing all that you've been working for all these hours, days and months. The correct method of silencing the rantings of self doubt works differently for everyone.

You may be able to suppress them by taking your own time out to meditate. For others, it may take surrounding yourself with positive people – others who experience the same problems you do – or family and friends who tend to build your self esteem rather than tear it down.

Past failures or discouraging comments from others can make the negative voices inside grow louder and louder until you're sucked in to the realm of complete self doubt and all of your efforts come to a halt.

It's a battle of the wills – will you give in and cry into your pillow about how incapable you are of success? Or will you do everything you can to start believing in yourself again, dust yourself off and take much needed action?

Don't let the rantings of self doubt slow you down and render you helpless to realize your dreams of success. It may take several tries before you can mute the self doubt monsters, but you can do it.

Realize that when self doubt shouts, it's really an inner voice that's afraid and lost and needs help finding its way back. Taking action shines a light on the path and keeps you from wasting any more time on fear and lies.

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Is Your Self Doubt Due to Previous Failures?

How many times do you think Thomas Edison failed in his attempt to bring light into our lives by inventing the light-bulb? Likely, he failed more times than we can count. Imagine how he felt when he worked so hard (during daylight hours or by candlelight) to find something that worked, came so close each time – and then failed with each attempt.

Then, finally it happened. One path Edison took led to the invention of the light-bulb and all other attempts were forgotten. We've been bathed in iridescence ever since. Edison and other successful entrepreneurs have all suffered from self doubt, but trudged on through the lack of confidence to make their dream a reality.

Think about the times in the past (even as a child) that you've persevered through disabling doubts that you could do something, only to find out that it wasn't within your grasp even though you gave it your all.

Either you shrugged and went on to something else or withered away in self-pity that prevented you from possible future successes. Virtually every successful person in the world has failed many times before.

It's doubtful those failures are even remembered because the success is so bright that they aren't visible. Online entrepreneurs are highly susceptible to self doubt. There's so much to learn and so many ways to go about each venture that it may seem overwhelming – especially to newbies.

Rather than wasting time stewing over each failure and making yourself miserable, make a firm decision to move on – and then do it. Begin on the new project immediately by setting short and long-term goals and really dig deep into how you're going to ensure it's a big success.

Each success will spur you on to the next project – and the next, until you have some firm accomplishments under your belt. Next time a failure happens, you can focus on the successes you've had to break the cycle of self doubt and begin again.

Before you begin a project or new venture, think about all of the possible scenarios that can happen. Make sure you include the worst-case scenarios along with the rewards that will happen when you succeed.

After you face your fears of "what if," you can use those fears as challenges. Looking at fears as challenges rather than obstacles can only help boost your self confidence and help you begin to see success in your future rather than failure.

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Learn How to Drown Out Negative Thoughts

Negative thoughts are the nemesis of creating a successful business – and life – for yourself. It's difficult to drown out the thoughts that corrupt your thinking and prevent the flow of energy to make yourself better, but there are some ways to calm a racing mind and stop the flow of negativity that threatens to bring you down.

Perhaps you just need some quiet time – time for yourself to ruminate on the positive things you've accomplished. Meditation is one way to achieve the quiet time you need to get your thoughts under control.

Whether you meditate in the forest, next to a babbling brook or in a quiet place in your home with the television and other devices turned off, the quiet you've created can be a catalyst for more creative and positive thought patterns.

When you're meditating, you may want to try positive affirmations as a way to quiet your brain and push out negative thoughts and feelings. An affirmation can be as simple as repeating to yourself that you're stronger than all of the negative thoughts that come your way and that you can and will overcome them.

Journaling is also a good way to get your negative thoughts out of your mind, onto pen and paper and see them for what they are. Journaling lets you get and keep in touch with your deeper inner self and create an awareness that you haven't experienced before.

It's a fact that writing is an exercise that seems to reinforce and help you understand things better than typing or even speaking. Journaling helps you work out problems that may have cluttered your thinking in the past.

Reinforcing the positive messages you receive from yourself or others is an important and viable way to drown out negative thoughts. The above methods of affirmations, meditation and journaling are valuable tools to ensure that negative thoughts and feelings don't remain in your life and that you can continue progressing to a more positive inner state of mind.

When weeding negative thoughts out of your life, make sure you surround yourself with positive people whenever you can. It's easy to be influenced by people who always spout negativity and seem to want everyone around them to feel the same way.

Of course, it's impossible to feel upbeat all the time. Life is sure to get you down once in awhile. But find a way that works for you to silence the negativity and stop being so hard on yourself.

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Let Go of Your Ego That Says a Spotlight Is On You

Finding yourself in a room full of people and suddenly getting the sinking feeling that every eye is on you is a nightmare that most of us have lived through. You instantly begin to doubt how you appear and begin to examine yourself for smudges on your face or a clothing malfunction.

It's likely that you were mistaken that everyone was suddenly looking at you. It was actually a form of self doubt that crept in at just the right time to make you feel you were in a spotlight of scrutiny.

You might react in a couple of ways during a scenario like the one above. Panic might make you instantly doubt yourself and frantically begin looking for the problem others are seeing.

Or, you might wonder, but decide to dismiss everyone else and return confidently to the conversation you were once enjoying or whatever you were focused on at the moment. Rather than your fear of failure, it may be your ego that's causing you to think everyone in the room is looking at you.

Your ego may also be detrimental in business, too. You might worry that even success will bring more people to the table to watch you – which means even more self doubt creeps in.

The same ego that assumes people are watching your every move is the same one that fears ridicule if you happen to falter or fail with a project or idea. Until you let go of the ego and self doubt that accompanies it, you're wasting precious time and energy on worry or frustration.

One way to bash the downside of your ego is to stop the need to win every battle and be successful with every venture. When you're winning, there's no need to consult your inner voice about the actions you've taken to get to the finish line.

Losing, on the other hand, makes you stop and think about what you need to do next time to make it happen. Competition is always present in Internet marketing ventures, but you don't have to think you need to knock it out of the ballpark every time or else people will make fun of you.

Losing a challenge or being wrong about a product or person is a learning experience which can help your future success. Rather than letting ego take over and ruin your life and your business chances, focus on improvement in all that you are and strive to be. Be happy with what you've accomplished so far and take action to improve and grow.

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Look Around You and Notice How Imperfect 'Everyone' Is

While it isn't always good to compare yourself to others, it can be a boost to your self esteem and give you a true picture of marketers in a way that lessens your own anxiety. Some of what you see will be good and encouraging and some might be eye-opening to your own struggles.

At the very least, you should learn that no one is perfect or always experiences success. As a marketer, it's likely that you follow many other marketers. Dig a little deeper into some of those you subscribe to and try to pick out a few things they might be doing wrong.

Maybe they have some gaps in their products or their video marketing could use some polishing. It could be that even those you admire constantly have some ideas and strategies that you don't agree with. No one is perfect and gets it right every time – even the most successful of online entrepreneurs.

All suffer from failures and setbacks, but you'll soon learn as you peer into the online lives of your fellow marketers, that the failures don't define who the successful ones are. The successful marketers view failures as a chance to learn, pick up the pieces and try again.

The successes will likely far outweigh the failures. And some marketing strategies may appeal and work for others, but not for you. When you see your fellow marketers as humans who have different tastes, ambitions and talents than you, perhaps you won't compare yourself unfavorably to them.

Online marketing is no different from any other part of life – different strokes for different folks. Striving for perfection can undermine everything you want to accomplish and set you up for failure because absolute perfection doesn't exist.

Chasing it can only add to your sense of failure and inadequacies and cause unhappiness and great disappointment in your life. It's best to think of your efforts as striving to be the best you can be.

If you can view your self worth by knowing that you're living up to your own standards rather than someone else's, you can live the life that was meant for you rather than seeking perfection, which is only an illusion.

You may be waiting for the perfect time, place or scenario in your life to begin seeking success. You're poised and ready, but the world isn't – so you're stopped in your tracks. Realize that there's never a perfect time or place and move forward where you are right now in life.

The most successful entrepreneurs among us have begun on a small scale – refusing to wait until they had time, money and energy to begin their venture on a larger scale. Each success gave them more confidence to try something bigger and better until true success – not perfection – was within their grasp.

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Make Marketing Friends to Boost Your Confidence

Networking is one of the most important things you can do to boost your business – and your self confidence to move on to greater successes. But meeting people can be a challenge to some - even though meeting others online provides some level of anonymity.

Fear starts rearing its ugly head, especially if you're a newbie and trying to meet people on forums where everyone seems to know what they're doing and exactly where they're going and how to get there.

Although networking may evoke self doubt for some, it can be the best move you could ever make to grow your business. You don't have to join online conversations and forums pretending that you're already successful.

In fact, most marketers are more than willing to help newbies succeed and go overboard to be sure you're getting the information you need and the help you ask for. They'll proudly share ideas and past successes and failures with you and will likely support you in your ventures.

It's good to know people going through the same thing you are. They can provide support whenever you feel alone as an entrepreneur – helping you work through self doubt issues and get back in the groove with your productivity.

Participate in events and meet-ups that you've researched and are sure that they're relevant to what you're trying to accomplish. You don't want to waste your time participating in an event that brings you no new or relevant information.

Before the event, think of some conversation starters to get information flowing. Know as much as you can about the product or services to avoid tedious questions. Also, think of ways you can end a conversation if you get into a boring or irrelevant one.

Links and business cards are great ways to network, too. If you're attending a meet-up session or going to a seminar, be prepared to pass on a lot of cards and ask for others. You may end up with some future clients or JV partners to add to your list.

To network successfully, you should be genuinely engaged with the other person and focus on making the conversation interesting and bringing out others in a positive manner.

Mainly, think about what you're going to say or conversations you'd like to engage in prior to the event and try to inspire others as well as be inspired. It's good to get out of your comfort zone once in awhile to experience new ideas.

You may be surprised to find out how much you already know about your industry compared to others you meet either on or offline. Networking is a business strategy that many marketers underplay, but can be an invaluable part of your future business successes.

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Self Doubt Is Understandable, But Crippling

Even the most confident person you can think of has an occasional bout of self doubt. The trick is to recognize it for what it is and then get on with the business of being successful.

That's how successful entrepreneurs beat the self doubt plague. Consistent self doubt is as crippling as clinical depression and you may soon find yourself in a rut that's difficult to extract yourself from.

As a fledgling – or seasoned entrepreneur, you have a lot riding on your ability to stay focused. Your ultimate level of success and satisfaction with your chosen career depends on it.

It's imperative that you develop the resilience to overcome self doubt you're sure to experience and replace that negativity with other thoughts designed to build your confidence rather than bringing it down.

Self doubt can cause indecision and procrastination – both lethal detriments to your ultimate success. Yet, every challenge you face in your quest as an online entrepreneur brings with it old hauntings from your mind that may prevent you from overcoming the challenges and achieving your goals unless you can get a grip on them and see them for what they are – lies.

The higher you climb on the ladder of success, the more self doubt you're likely to have. What can you do to alleviate some of these obstacles and direct your energy in a more productive manner?

It begins in your mind and progresses to taking action as you learn you really are capable of facing and overcoming any challenges that come your way. First, you should know and be comforted that you're not the only person (successful or not) who has suffered from self doubt along the way.

Acknowledging that others have felt as you do and became successful in spite of self doubt can alleviate your worries and help you get past the feelings more quickly. If you haven't already set some personal and business goals for yourself, do it immediately.

It's part of the plan that you'll use as the map to the magic kingdom of success. It's perfectly okay to set lofty, long-term goals. Just make sure you set attainable, short-term goals, too - so you can experience success in small increments along the way.

Short term goals are important because they provide continuous realization that you are moving along quite nicely and are well on your way to meeting those long term goals. It lets you bask in the sunshine of the smaller wins, while waiting for the big payoff at the end.

Some things will happen along the road to success which is beyond your control. It's important that you recognize this and keep from blaming yourself. In all lives, a little rain must fall. Be prepared in every way you can and press onward to your goals.

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Self Doubt Stems from a Lack of Belief in Your Abilities

If you don't believe in yourself, who will? Successful entrepreneurs have all experienced moments of self doubt, but also have an amazing ability to move past the lack of confidence and force themselves to go on.

That ability comes from experience and knowledge that even failure provides an advantage of knowing that you tried. Newbies to online marketing can sometimes find themselves in a perpetual state of self doubt.

They lack the experience to know they can overcome obstacles on the way to becoming a successful entrepreneur. That self doubt can make or break even the most successful entrepreneur and paralyze him or her so that no action is taken and failure is imminent.

Remember your school days? You were required to sit at a desk, learn, turn in homework and take tests to see what you've learned. Now, you have to take that initiative on your own.

Learning, experimenting and brainstorming new ideas is a bit like learning to ride a bicycle. You'll likely fall several times, but eventually you'll get on that bike one day and move on down the path like a pro.

After you've ridden the bicycle a few times, you don't even think about how it works – you just do it. As an entrepreneur, you know there's always something new to try or think about.

You can either choose to give it all you've got – or leave an idea by the wayside and move on to something else. An idea may work for some, but it may not be for you. You'll learn to be discretionary in latching on to new ideas or different ways to do things.

Eventually, that ability will be so innate that you won't even have to think about it as you move forward to meet your goals. Sometimes, you'll try something that backfires or simply doesn't work out the way you thought it would.

Rather than doubting your ability and becoming paralyzed by the situation, take a step back and remember what got you where you are in the first place. Even newbies can think back and remember what decisions led them to take action and become a marketing entrepreneur.

It's likely a decision based on goals you've achieved in the past or a deep interest or appreciation you have for the possibility of making more money and having a business of your own.

And then forgive yourself for any mistakes you may have made. These mistakes give you the advantage of knowledge and you can now move ahead knowing you won't make that mistake ever again. Your ability to succeed has just increased.

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Start Small to Take Away the Power of Self Doubt

Beginning an Internet marketing business with a product launch that's much less expensive than some of your successful colleagues (who love to post their earnings from one launch that would pay your bills for months) can help alleviate some of your self doubt.

Starting on a small scale – perhaps a \$7 product instead of a \$97 one – can mean less work to get it off and running and a launch that can teach you a thing or two. The feedback and knowledge you get from beginning with a small launch is invaluable to help you move up to higher ticket items.

You'll likely build your list with each small launch, too - meaning that when you do get to the big ticket launches, you'll have more marketers who will buy from you. With each small launch, your self-confidence will build and self doubt will begin to wane.

Even the small launches may fail, but that's a good thing, too - when you use the knowledge you gained to set your focus on something else or to use another strategy because the current one isn't working.

You won't have lost much time and energy if you discover these truths from a small launch. Self doubt is often made up from failures of the past, but your small successes can provide positive thoughts about the positive outcomes you've realized.

The positive feedback you receive from small successes may serve to set you up for huge success. There's always something new to learn in Internet marketing. Beginning your business or venturing out in a different direction in small increments helps you sharpen your skills and become more confident in future business situations.

You'll soon discover if something works – or not – and can quickly tweak or discard it at your discretion. Little will be lost if you haven't invested a great deal in something you lack knowledge about.

Correcting your course along the way is the same thing pilots do when they're approaching a bit of unexpected bad weather before reaching their destination. Look at the charts again, learn from the experience you've gathered during the small ventures and correct your course so that you're firmly on a safe and steady path again.

Learn from other marketers. Follow the business path of others to possibly discover more ways you can promote yourself and become successful with your own enterprise. It's sometimes easy to get lost in your own little world of strategizing and promoting, but you may become stagnant if you don't allot some time for learning from others.

Trust your instinct and values when making decisions about your business. There are many shady marketers out there who might turn your head with promises of fast money, but if you stay true to your own values, self-confidence will become the antidote to any self doubt you may have.

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Translate Your Excuses When Self Doubt Rears Its Ugly Head

Excuses stem from self doubt and may occur when you least expect it. For example, you may be on the verge of a big launch that you've worked on, thought about and strategized for a very long time.

All of a sudden (maybe in the middle of the night), you break out in a cold sweat and thoughts of failure that you can't squash. Fear can take over your mind, body and life before you know it - unless you can weed out the legitimate fears from those originating from unfounded doubts about your abilities.

Although the groundwork of journaling, affirmations and meditation is helpful to assuage these doubts, fear is bound to occur. Rather than giving in to doubts right away and slinking away in the night, be honest with yourself.

How much of the self doubt is real – and how much of what you're feeling and thinking are right out lies? When your thoughts and fears are legitimate, you should automatically start thinking of ways to turn things around.

By getting your fears out into the open, you can carefully examine them for legitimacy. Your fears may stem from thinking you're not an expert in what you're trying to accomplish.

If there's something you don't know, it's fairly easy – with all the powers of the Internet – to find answers. Many times, it's the experience you get from trying (and even failing) that pushes you toward the status of expert.

And even the thought of being an actual expert in your field may cause you fear and concern. What if you fail or let people down? Think about the worst that can happen if your latest venture fails miserably.

You may lose money and your time and effort may fall by the wayside, but you may also have learned a huge lesson. Try to look for the positives in any failure. They can help ensure your next success.

It may help you quiet your own fears and doubts by realizing that everyone has them. Even the most successful among us have been humbled by negative thoughts that creep into their minds. How they handle the fears and how long it affects them separates the true entrepreneurs from the wannabes.

The best way to stop making excuses and get on with the business of being successful is to replace those self doubting thoughts the minute they enter your mind. Experiment with what method(s) work best for you.

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Trying to Predict Success Sets You Up for Failure

Some of us tend to doubt ourselves right out of future success with “what if” predictions we make. It could be named the “what if” syndrome. It’s when you’re mired in self doubt so much that you begin to imagine and predict obstacles and outcomes that aren’t even there.

The “what if” syndrome is especially prevalent after you’ve hatched up a brilliant idea for an online project that’s going to make you lots of money and help your fellow entrepreneurs.

You’re sure everyone will love it and want it. Then, self doubt sets in and you begin to think of all of the reasons why it won’t succeed. You walk on the shadowy side of your ability to make things happen and talk yourself down or out of even trying.

You were so excited about the idea at first and it fired up your creativity to a point where you could hardly wait to begin. That lull – somewhere between the excitement of the idea and taking action to make it happen – is where self doubt takes root.

You may begin to think of past failures and how they made you feel or become highly sensitive to the fact that you’ve never endeavoured something like this before. If you keep thinking about past failures or what “might” happen, you may come to a point in the project where a big wall is placed in your path.

Since your self doubt has already been growing in your thoughts, the wall may seem insurmountable and you simply give up. Just another failure to think about next time you have an idea.

Or – you can take another route - one that doesn’t ensure success, but that at least gives you a chance. Rather than giving in to self doubt, trust yourself and try it again. You’ve likely practiced this scenario many times before in your life.

Some attempts may have failed, but you’ve probably succeeded many more times. Bring a new attitude into the mix and think positively rather than giving in to the hauntings of past failures. Also, bring in positive people to surround you who encourage, rather than discourage you.

Don’t compare yourself to others whose successes may be greater or more profitable than yours. You may even learn from their stories of success. They’re bound to have had failures along the way – and overcame them rather than feeling defeated.

When you find yourself become mired in self doubt about your future success, mute the negative voices by focusing on the positive and living in the present moment rather than projecting yourself into a future of unknowns.

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Use Every Failure as an Opportunity to Learn and Grow

Most of us don't think of failures as opportunities – but successful entrepreneurs know the secret to turning the knowledge learned in a failure into opportunities for growth and success.

Kids learn about winners and losers at an early age and may be taunted when playing sports or about the dismal results of a test. Some take the “loser” label and define their future self worth with it and are reluctant to take risks, while others become more determined to show everyone that they can win.

We hate the way failure makes us feel, but when we realize it's not the end of the road and we have time to come back as a success, failure can actually be a learning experience.

What you learn from failure is invaluable to your future success. A close analysis of what went wrong with the failed idea or venture can help you make sense of the situation and learn lessons that will make you a true winner.

You may have to dig deep to find the reasons for a failure. Did you devote enough time to the project and were you prepared for the results? Could the failure be one that's out of your control or could you have changed something along the way to strengthen the outcome?

Every failure can be turned into a unique opportunity to grow and learn – and every success might be detrimental to future successes. It's a contradiction that's difficult to understand unless you've experienced both the opportunities in failure and the dangers in success.

Being honest with yourself is the first step in turning failures into opportunities and learning experiences. Blaming failure on others or making excuses can only serve to dig you further into a state of denial.

When that happens, you don't learn anything. If you don't use your failures to find flaws in your thinking or how you managed a product or venture you're likely doomed to failure.

Learning from past mistakes is a trait that every successful person on this planet has profited from. Remember, that every failure you experience shows that you tried. If you never fail at anything, chances are you're not trying hard enough to succeed.

While none of us seek to fail, the process of life and how it works condemns us to some failures along the way. Your success will come when you seek to learn how you failed and figure out what you're going to do next time to ensure success.

OK, that's it Folks :-)

But For A Whole Lot 'More' please check-out the Resources Page below Thank You.

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