

## Episode 020

# Why The Power Of Believing In Yourself Makes You More Fearless

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**DIANA HIMES:** Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In this episode you'll learn that **believing in yourself has the power to breakthrough what's been holding you back.**

Are you an overwhelmed, highly sensitive person who's been playing small, secretly feeling like you're not good enough, or worthy of the magnificent dreams you have in your heart? You know, that feeling of **being stuck in a perpetual loop where doubt and self-sabotage seem to take over your life.**

But here's the thing: I see you. I understand the weight that rests on your shoulders. That nagging voice inside your head, whispering, "Who are you to believe you can have it all?" It's time to acknowledge that voice, not with resistance, but with compassion!

You might be thinking, "Sure, that's easier said than done." And you know what? I get it. It's not an overnight transformation. What if I told you that **within you lies a power so magnificent it can transcend every self-imposed limitation you have?** What if I promised you that by believing you have everything you need, you can unlock a world of possibilities?

So, my dear friend, let's take a journey together where you'll **explore the transformative benefits of embracing the belief that you possess all the necessary tools within yourself.** You'll also learn the secrets of recognizing your inner resources, embracing mindset shifts, cultivating emotional resilience, and harnessing the power of intuition!

Before we go too far, let's start with **recognizing the power of believing in yourself and how it can make you fearless!**

Have you ever stopped to marvel at the immense influence your beliefs have on every aspect of your life? It's mind-boggling! That's because they shape your thoughts, emotions, and actions! But what if I told you that by believing you have all the necessary tools within yourself, you can **ignite a fire of confidence and resilience that propels you forward?**

Now, I understand that embracing such a profound belief can be scary. You might be thinking, "But what if I don't have what it takes?" Ah, sensitive soul that's the voice of fear trying to hold you back. It's time to challenge that notion. **Remember, the universe has blessed you with an abundance of talents, strengths, and qualities that are uniquely yours.** When you tap into this source of potential, the possibilities become limitless!

You can break free from those self-imposed limitations! That's when you'll begin to embrace the power of believing in yourself and what you're capable of. Here's five incredible benefits that come with believing in yourself...

1. **Confidence:** Imagine the unstoppable force you become when you truly believe in yourself. With unwavering self-confidence, you radiate a magnetic energy that draws opportunities and people who align with your dreams. Say goodbye to self-doubt and step into your authentic power!
2. **Resilience:** Life's challenges may knock you down, but when you believe in yourself, you possess an inner resilience that helps you bounce back stronger than ever. Like a phoenix rising from the ashes, you transform setbacks into stepping stones, learning and growing with each experience.
3. **Action:** When you believe in yourself, you take bold, inspired steps towards your desires. You silence the inner critic and embrace the mantra, "I am worthy, and I am capable." No longer held captive by fear, you move forward with unwavering determination, turning dreams into reality.
4. **Growth:** Believing in yourself opens the door to endless growth and self-discovery. As you push past your comfort zone, you'll discover hidden talents, unlock untapped potential, and embrace new possibilities. Each challenge becomes an opportunity for growth, and you become the authentic version of yourself.
5. **Fulfillment:** When you believe in yourself, you create a life of intention and purpose. You align with your true desires, pursue meaningful goals, and create a life filled with love, joy, and happiness.

So, my overwhelmed, highly sensitive friend, as you embark on this journey of self-belief, remember this: you have everything inside you to break free, soar high, and manifest your deepest desires.

**Believe in yourself, embrace your worthiness, and watch as the world opens up before you!**

Now that you've got a better understanding of the benefits to believing in yourself, it's time to discover what makes you...you!

Imagine that you're standing in front of a mirror, peering deep into your own eyes. In that reflection lies a universe of untapped potential. It's time to unleash it! Through self-discovery and soul searching,

**you'll uncover hidden strengths, talents, and qualities that have been waiting patiently within you.**

You might be thinking. "But how do I even begin to recognize and harness these inner resources?" That's where I can help! Give this a try...close your eyes, take a deep breath in through your nose and out through your mouth. When you feel calm and relaxed, let your mind wander back to moments when you felt most alive! **What activities brought you joy, ignited your passions, or made you feel a sense of purpose?** These are the clues to your unique gifts.

Many highly sensitive people have unique traits that set them apart from the rest of the human population. You've got the ability to deeply empathize with others, read between the lines, and navigate other people's emotions. **Embrace these qualities because they're the essence of who you are!** By recognizing and developing them, you'll forge a path towards fulfillment and create the life you've always dreamed of having.

Sometimes it's more difficult to believe in yourself and what you're capable of doing. But that doesn't mean you can't overcome the challenge. It starts with changing your mind! That means **shifting your thoughts from one of limitation to one of boundless potential.**

In the past, have you ever caught yourself thinking, "I'm not smart enough," or "I don't have the right skills." **It's time to challenge these self-imposed barriers!** Remember, thoughts are merely visitors, not permanent residents. You have the power to rewrite the narrative.

Using tools like visualization, affirmations, meditation, and journaling you'll change your thoughts and overcome limiting beliefs. By envisioning your desired outcomes, believing in your capabilities, and embodying the emotions associated with success, **you CAN create a strong foundation for growth!**

As sensitive souls, we have a LOT of emotions, some are beautiful and some are intense. The key to unlocking your potential lies in balancing your emotions by **harnessing your inner strength to navigate the ups and downs of life.**

I know the world can feel overwhelming at times, but **you possess incredible gifts that may just be hidden waiting for you to find them!** Remember you have a unique ability to empathize deeply, connect with others on a profound level, and navigate emotional landscapes with grace.

Do you know that mindfulness, the art of being fully present in the moment, allows you to observe your emotions without judgment, creating space for self-compassion and growth? It gives you an opportunity to respond with peace and calm instead of emotion. This is a **powerful opportunity for you to transform pain into wisdom.**

Ready to find your inner peace? Then practice any of these 5 activities every day to find moments of peace and calm among the chaos of daily life.

1. **Morning Meditation:** Before the day sweeps you away, carve out a few precious moments for yourself. Sit in stillness, focus on your breath, and let your thoughts gently pass by like clouds in the sky. This morning meditation practice anchors you in the present moment, setting a positive tone for the day ahead.
2. **Sensory Grounding:** As a sensitive soul, I know life bombards you with an overwhelming amount of sounds, sights, and sensations every day! Take a sensory break and become fully present in the moment. Engage your senses intentionally—feel the texture of an object, savor the taste of a favorite snack, or listen to the soothing sounds of nature. Grounding yourself in the present moment provides a haven of calm within the storm.
3. **Gratitude Journaling:** In the hustle of life, it's easy to overlook the small blessings that surround you. That's when gratitude can be your guiding light. Take a few moments each day to write down three things you're grateful for. It could be as simple as a warm cup of tea or the smile of a loved one. By focusing on the positive, you invite more joy and abundance into your life.
4. **Mindful Movement:** Your body is a vessel of wisdom, and mindful movement allows you to reconnect with its language. Engage in activities like yoga, Tai Chi, or even a leisurely stroll in nature. Pay attention to the sensations you feel, the rhythm of your breath, and the gentle flow of movement. Allow your body to guide you, embracing the harmonious dance between your mind and spirit.
5. **Evening Reflection:** As the day winds down, give yourself the gift of reflection. Find a quiet space, light a candle, and take a moment to reflect on your day. What were the moments of joy? What challenges did you overcome? Acknowledge your achievements and offer yourself compassion for any difficulties faced. This practice creates self-awareness and encourages a sense of inner peace.

These mindfulness activities serve as anchors, grounding you in the present and nurturing your soul. By integrating them into your daily routine, **you reclaim moments of peace, joy, and self-discovery!**

Another benefit of mindfulness activities is getting to know your intuition better! You know, that silent whisper of wisdom from within. As a HSP, you've got an extraordinary gift—you can connect deeply with your intuition, also known as your inner compass!

Your intuition is like a faithful guide, leading you towards the path that aligns with your true desires. So, my friend, when faced with choices, ask yourself, "What does my intuition whisper?" **Trust that inner voice.**

Tools like meditation, journaling, and dream analysis help you create a sacred space for your intuition to bloom. It's time to let go of doubt and welcome the wisdom that resides within you. Your intuition is a beacon, guiding you towards inspired actions that'll help you **manifest your deepest desires!**

Remember you have the strength, the determination, and the unwavering belief that you have everything you need to get anything you want. It's time to silence the doubts and fears that have held you back for far too long. **Embrace the truth that you're worthy, deserving, and capable of creating the life you dream of.**

Keep in mind that your beliefs shape your reality. By recognizing your inner resources, embracing mindset shifts, cultivating emotional resilience, and harnessing the power of intuition, **you'll begin to unlock the doors to infinite possibilities.**

So, let every challenge be an opportunity for growth! They're the stepping stones on your self-discovery journey and the catalysts that propel you towards your desires. Trust in the wisdom of your intuition and let it guide you to what's possible.

As you discover all of the possibilities available to you, remember that you're enough! You are worthy. You've got everything you need to get anything you want. Embrace this truth, my resilient friend, and **let your light shine brightly**, illuminating the path for others to follow!

Believe in yourself because you're a force to be reckoned with. You have what it takes to overcome any obstacle and manifest your dreams. The world is waiting for **your unique brilliance and authentic contribution!**

You can dig deeper into the limiting beliefs holding you back from getting the things you want with these journal prompts:

- What are your strengths as a highly sensitive person? How have they positively impacted your life and the lives of those closest to you?
- How did you overcome a challenge or obstacle? What strengths did you use to navigate through it?
- What limiting beliefs are holding you back? What would happen if you embraced the possibility that you're capable of achieving anything you set your mind to?
- What does success look like to you? How does it feel to have what you want?

Well Sensitive Soul, that brings us to the FAQ of the week...**how do I believe in myself when those around me don't believe in me or my abilities?**

First off, you don't need anybody else to believe in you! Your success depends on you...your desires and the things you do to get you where you want to be. Take a deep breath and know that your belief in yourself can shine brighter than any skepticism!

Here's 5 ways to get started believing in yourself when you're surrounded by doubters:

1. **Find Validation from Within:** In a world where external validation often carries weight, remember that your worthiness comes from within. Embrace your unique qualities, strengths, and passions. Recognize that you don't need others' approval to validate your abilities. It's time to become your own cheerleader, celebrating your achievements and acknowledging your growth.
2. **Surround Yourself with Supportive Souls:** While some may doubt your abilities, seek out individuals who uplift and believe in you. Surround yourself with a tribe of supportive souls who recognize your worth and fuel your self-belief. Connect with like-minded individuals, mentors, or join supportive communities where your dreams are nurtured and celebrated.

3. **Celebrate Small Wins:** Break the cycle of self-doubt by acknowledging and celebrating your small victories. Remember, progress is a journey, and each step forward is worth celebrating. Take time to reflect on your achievements, no matter how small they may seem. Your journey is made up of these stepping stones, and they all contribute to your ultimate success.
4. **Challenge Limiting Beliefs:** Doubts from others can trigger self-limiting beliefs. Take a courageous step and challenge these beliefs head-on. Question their origin and validity. Are they based on objective truth or someone else's limitations? Reframe these beliefs with empowering thoughts that align with your true potential. You are capable of achieving greatness, regardless of other people's doubts.
5. **Embrace Your Unique Journey:** Remember that your path is unique, and comparing it to others' journeys only hinders your belief in yourself. Embrace your individuality, recognizing that your strengths and experiences pave the way for your own version of success. Trust that your journey holds valuable lessons and opportunities for growth.

Within you lies the power to rise above skepticism and embrace your true potential. Believe in your abilities, nurture your self-worth, and the world will witness the remarkable impact you can make. You have what it takes, and it's time to ignite that fire within you.

Are you Interested in digging deeper into **how you can listen to and trust your intuition?** Then join me LIVE on June 1, 2023 @10:00am EDT on Instagram. I'll be interviewing my friend Uma Patil! She's a wellness consultant, yoga teacher, Reiki grandmaster, and hypnotherapist who specializes in bringing the mind, body, and soul in alignment.

Follow me, @blessyoursensitivesoul, on Instagram for more details!

And that brings us to the end of this week's show! Now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and get started answering the journal prompts.

If you found this episode inspiring, don't forget to share it with other sensitive souls. Together, let's ignite a movement of empowered individuals who believe in their infinite potential!

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of **Tough Love for Sensitive Souls**. Until then, don't forget that you've got everything you need to get anything you want!