

# Day 7

## Self-belief

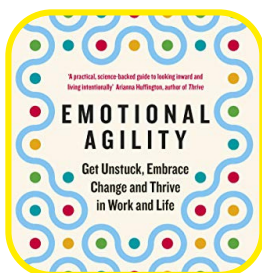
**Squiggly**  
**Careers**  
Skills Sprint

### What is this squiggly skill?

The ability to show-up, speak-up and go after your goals.

Self-belief helps to turn doubts into data for your development, and to see your flaws as a feature of being human, not a thing to be fixed.

### Go to Guru



**Susan David**

Author of  
Emotional Agility

### Recommended Listen



**Squiggly Careers #327**

How to quieten  
your inner critic

### Ideas for Action



**If – Then shortcuts**

Low self-belief stops people from speaking-up. If/then shortcuts help to preempt low self-belief situations and proactively identify a confident response. *e.g IF they interrupt me THEN I'll say 'I would like to finish before we move on'*



**Move from limiting to Limitless belief**

Limiting beliefs are the voice of your inner critic. They make you smaller and stop you taking action. Tune in to your inner coach instead. They want what's best for you. *What would their advice sound like?*