

Enjoy the journey, and celebrate the destination!

WHY DO YOU FEAR BEING JUDGED BY OTHERS?

WHAT SPECIFIC SITUATIONS TRIGGER YOUR FEAR OF JUDGMENT?

HOW DO YOU FEEL PHYSICALLY AND EMOTIONALLY WHEN YOU THINK ABOUT BEING JUDGED?

I am enough just as I am, and I trust in my abilities.

WHAT NEGATIVE BELIEFS DO YOU HOLD ABOUT YOURSELF THAT FUEL THIS FEAR?

WHAT ARE YOUR TOP THREE STRENGTHS, AND HOW CAN YOU USE THEM TO BUILD CONFIDENCE?

WHAT ACHIEVEMENTS ARE YOU PROUD OF, AND WHY?

I embrace my uniqueness and celebrate my individuality.

WHAT STEPS CAN YOU TAKE TO IMPROVE YOUR SKILLS AND KNOWLEDGE IN YOUR FIELD?

WRITE DOWN FIVE POSITIVE AFFIRMATIONS THAT REINFORCE YOUR SELF-WORTH.

WHO ARE THE PEOPLE IN YOUR LIFE WHO GENUINELY SUPPORT AND CHALLENGE YOU?

I learn and grow from every experience, even the challenging ones.

ARE THERE ANY JUDGMENTAL OR NEGATIVE PEOPLE YOU NEED TO DISTANCE YOURSELF FROM?

DO YOU FIND YOURSELF JUDGING OTHERS OFTEN? IF SO, WHY DO YOU THINK YOU DO THIS?

HOW DOES JUDGING OTHERS AFFECT YOUR OWN SELF-PERCEPTION AND RELATIONSHIPS?

My value is not defined by others' opinions or judgments.

HOW CAN YOU REDIRECT JUDGMENTAL THOUGHTS INTO POSITIVE OR CONSTRUCTIVE ONES?

WHAT ARE YOUR CORE VALUES, AND HOW DO THEY INFLUENCE YOUR ACTIONS AND DECISIONS?

HOW DO YOUR VALUES ALIGN WITH YOUR CURRENT LIFESTYLE AND CAREER?

I am confident in my skills and make a positive impact in my work.

WHAT STEPS CAN YOU TAKE TO ENSURE YOUR ACTIONS REFLECT YOUR VALUES?

HOW DO YOU CURRENTLY HANDLE CRITICISM AND REJECTION?

WHAT STRATEGIES CAN YOU USE TO RESPOND TO CRITICISM MORE CONSTRUCTIVELY?

I forgive myself for past mistakes and look forward with optimism.

WHAT ARE YOUR COPING MECHANISMS FOR DEALING WITH REJECTION?

WHAT NEGATIVE THOUGHTS DO YOU FREQUENTLY HAVE ABOUT YOURSELF?

HOW CAN YOU CHALLENGE AND REFRAME THESE NEGATIVE THOUGHTS?

I am resilient and can overcome any obstacles that come my way.

HOW DOES MINDFULNESS OR MEDITATION HELP IN REDUCING NEGATIVE SELF-TALK?

HOW DOES SOCIAL MEDIA INFLUENCE YOUR SELF-PERCEPTION?

ARE THERE SPECIFIC ACCOUNTS OR PLATFORMS THAT MAKE YOU FEEL INSECURE?

I focus on my own progress and celebrate my achievements.

WHOSE OPINION DO YOU VALUE MOST, AND WHY?

HOW CAN YOU REDUCE YOUR RELIANCE ON EXTERNAL VALIDATION?

WHAT STEPS CAN YOU TAKE TO BUILD INTERNAL VALIDATION AND SELF-APPROVAL?

I am capable of achieving my goals and dreams.

WHAT MAKES YOU UNIQUE, AND HOW CAN YOU EMBRACE THESE QUALITIES?

WHAT FEARS OR DOUBTS ARE HOLDING YOU BACK FROM BEING YOUR AUTHENTIC SELF?

HOW CAN YOU OVERCOME THESE FEARS AND STEP INTO YOUR TRUE IDENTITY?

I choose to focus on positivity and let go of negativity.

CREATE A STEP-BY-STEP ACTION PLAN TO CONTINUE WORKING ON OVERCOMING THE FEAR OF BEING JUDGED.

LOOK UP AFFIRMATIONS YOU LIKE AND CAN USE TO YOUR BENEFIT

STOP OVERTHINKING AND START DOING!
