

The Ultimate Insecurity-Busting Challenge

Welcome to the ultimate insecurity buster challenge! You are on your way to CRUSHING your insecurities that are keeping you from being your best self.

How it works:

Print the 2nd & 3rd page of this document (or rewrite the questions on a blank page). Answer the 4 questions listed. I want you to do a brain dump: whatever comes to mind, write it down. No filtering. Take a good 5-10 minutes on each question. If it feels challenging or even emotional, that's completely normal—it means you're tapping into a deeper, more vulnerable part of yourself, and that's where true growth begins

You got this!
Love, Marie

Insecurity-busting challenge

Write down all your insecurities (don't hold back):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Write down all the excuses and beliefs you tell yourself that are dragging you down & stopping you from going after your goals (ex: "I'm not smart enough to get the role", "I'm not lovable enough to be in a healthy relationship", etc)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Write down everything you **love** about yourself
(don't hold back on this either 😊)

Reflecting back on your insecurities and beliefs from the first 2 questions, what is the truth?
Take the most common or important ones, transfer them on the left-side column and write
the truth on the right side.

Ex: I'm not smart enough to get the role



*I have alot of experience that makes
me qualified*

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Next steps:

Once you're done, read back these 4 lists.
How does it feel? What do you notice? I invite you to journal this reflection to remember your learnings.

Once you've reflected, say goodbye to the first page that has all your insecurities and limiting beliefs. You are cutting ties with all your insecurities once and for all.

Destroy the list, and destroy it like you mean it.



Ready to continue?

Continue your journey of building your self-confidence so you can go after the things you want most (and feel your happiest!).

Take my free confidence & goal-setting workshop

In just 25 minutes, you'll learn how to:

- ✓ Unlock your true potential with a powerful mindset shift
- ✓ Get actionable tips for setting achievable goals
- ✓ Learn how to confidently tackle any challenge that comes your way

I'm ready!