



How to rebuild your self-trust without needing more hours in the day or leaving your comfort zone

... because you deserve for this to be your dream career

01	Did you always feel this unsure of yourself? Over time, the challenges of clinical practice can change you. It's easy to think this version of you is just who you are now. When you understand the science behind what's changed in your brain and body, you'll see what's really going on and start to come back to the <u>real</u> you.	Yes ☐
		Kinda ☐
		No ☐

02	Do you feel calm and in control as often as you'd like? How you feel isn't a reflection of how good a professional you are. It's just how your nervous system has learned to respond to pressure. Slipping simple stabilising activities into your day helps bring you back to calm more quickly and keeps you there more often.	Yes ☐
		Kinda ☐
		No ☐

03	Do you talk to yourself the way you talk to your friends? You've likely learned to be critical of yourself to avoid mistakes. But that type of self-talk is actually eroding your confidence. Being supportive and encouraging in your self-talk, like you would be with a friend, is key to rebuilding self-trust.	Yes ☐
		Kinda ☐
		No ☐

04	Can you easily switch off after work? When you're stuck thinking about work, you can't fully relax. By learning how to keep things in perspective and mentally leave work at work, you'll be free to enjoy all the other parts of your life that you've been missing out on.	Yes ☐
		Kinda ☐
		No ☐

05	Are you surrounded by supportive people who get it? It's easy to feel like you're the only one with self-doubt, especially in a practice where everyone else seems so confident. Being around people who understand what it's really like can make a huge difference in helping you feel less alone as you find your way back to the <u>real</u> you again.	Yes ☐
		Kinda ☐
		No ☐

If you're ready to quieten self-doubt and rebuild your confidence so you can love vet med (and life) again, schedule a free chat with Sarah [here](#).