

ING FEAR AND SELF DOUBT - What's Really Holding

author:



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Synopsis

Most of the time, the very thing holding us back from our dreams and our goals is fear, and what I've found over the years of coaching is that most of the time, that fear is not founded. It's made up. It's not real. It feels real, we rationalize it, but it's *not*. And when you finally take the leap and do the thing that has been scaring you most, you'll often find that... it's not so scary after all. Uncomfortable? Probably. But truly scary? Nope.

In this episode, we'll talk about doubting your weight loss journey, the fear that happens when we don't strategize correctly, and how to overcome the overwhelming self-doubt, so that we can start taking and appreciating the small steps

Did you hear?! SHEtrition Academy's waitlist is officially live! I'd love to have you in the new year, boo! Subscribe to the list and be the very first to know when enrollment opens!

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