

When Doubt Creeps In: FAQ + Prompt Pack

These aren't just questions—they're thought loops we've all been stuck in. Let them lead you back to clarity, not confusion.

What's Inside:

- 8 gentle journal prompts based on the most common (and quietly harmful) questions we carry after loss, bullying, or transition.
- Room to reflect, release, and rewrite your own narrative.
- Inspired by real moments of self-doubt—and the brave responses that followed.



Guiding Note:

Let silence answer what noise tried to cover up. If you feel resistance—that's a sign you're getting close. Keep going. The truth isn't afraid of being questioned. Only lies need certainty.

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Q1. "Who do you think you are to write this?"

Prompt: Who you are is already in motion. You've shown up, stayed up, stood up. Look at the evidence: your ethics, your energy, your empathy. *Now answer:* Is it possible that you were always meant to say the thing no one else would?

Q2. "What if no one believes you?"

Prompt: Is it belief you need—or release? *Write a list:* Who are you afraid to disappoint—and what would happen if you let their misunderstanding be theirs to carry? *Then ask yourself:* What's heavier—truth unspoken or judgment endured?

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Q3. "What if I never get another job?"

Prompt: Yes, you will. *The real question is:* Where do you want to spend your time, energy, and brilliance? **Be selective with your presence. Bold with your dreams.** Don't shrink—envision the next chapter and step into it.

Q4: "What if none buys my products?"

Prompt: What part of your story is someone quietly searching for right now? *Research your idea*—find the gaps, the silences, the needs no one's meeting. Now—what can you do better? This is your chance to build it right, with heart and strategy.

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Q5: "What if I launch and no one responds?"

Prompt: What if this silence is just the sound of you becoming real? You're not launching to go viral—you're launching to go honest. *Say this out loud:* "I'm doing this for me, my work, my voice—and the right people will find it." Now... what will you build when you're not building for applause?

Q6: "What if chasing my dream ruins my financial stability?"

Prompt: Do you believe you can do this? Belief—not permission—is your starting line. *Ask yourself:* What skill, offer, or side project could generate even \$50 this month? *Don't underestimate small wins—they unlock proof, not just profit.*

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Q7: "What if what I'm saying makes no sense?"

Prompt: Look at everything you've survived and built without the full support you deserved. *Ask yourself:* Would I rather spend the next 10 years proving I still have it—or the rest of my life regretting that I didn't try?

Q8: "What if I still feel lost?"

Prompt: Feeling lost isn't failure. It's a sign you're leaving a path that no longer fit. *Ask yourself:* What expectations am I still carrying that no longer serve me? (Whose voice is attached to those expectations?). If being lost gave me permission to start over, what would I keep? And what would I finally leave behind?

You're not here because you lost something. You're here because you saw the space to rebuild it—on your own terms, with your own tools. Keep documenting your answers. They're your new guide.

-  Karen Waleska