

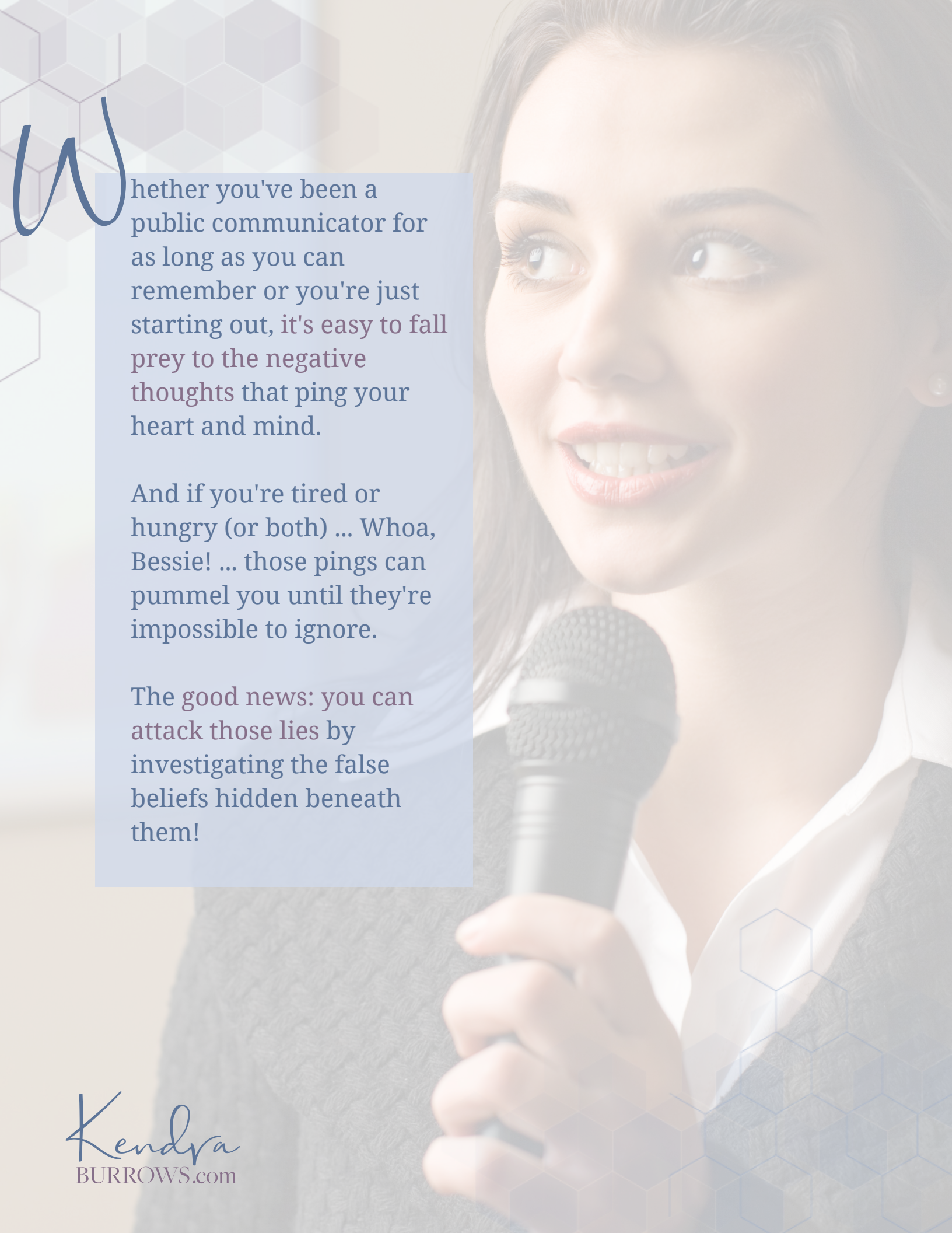


5 Lies Writers & Speakers Believe About Themselves

AND THE TRUTH YOU NEED TO KNOW
TO INCREASE YOUR CONFIDENCE



Kendra
BURROWS.com



Whether you've been a public communicator for as long as you can remember or you're just starting out, it's easy to fall prey to the negative thoughts that ping your heart and mind.

And if you're tired or hungry (or both) ... Whoa, Bessie! ... those pings can pummel you until they're impossible to ignore.

The good news: you can attack those lies by investigating the false beliefs hidden beneath them!

Lie #1: I'm not enough

Whether your brain tells you you're not good enough, not educated enough, not funny enough, or not spiritual enough, it isn't true.

HIDDEN FALSE BELIEFS:

"Enough" is a quantity that can be measured, and I'll know it when I feel it.

What does funny enough look like? Or educated enough? Or spiritual enough? Chances are, you don't know the answer to that — but you know it's funnier, more educated, or more spiritual than you feel right now. Yes?

The reality is there's no such thing as "enough."

Think of a kid with candy. It's rare for a kiddo to say, "No thank you. That's enough for me." And even if they do, "enough" resets itself the next day.

FACT TO FOCUS ON:

I can move forward from where I am right now.

ACTION STEP:

Ask yourself:

"How can I move forward (or what can I accomplish) from where I am right this minute?"

Now, go do it.

Lie #2: I'm a fraud

When you see well-known writers & speakers sharing a message similar to yours, and delivering it so smoothly, it's easy to assume you're not a "real" writer or speaker.

HIDDEN FALSE BELIEF:

I'm not a "real" writer or speaker because...

- *I get nervous when I speak.*
- *It takes longer than I'd like to edit my writing.*
- *I don't have a book deal (or a NY Times bestseller).*
- *I don't speak at stadium-sized conferences.*

But that Big Name writer or speaker feels exactly the same way.

Instead of being evidence that you're a fraud, feeling nervous, wrestling with edits, struggling to get a book deal indicate that you're in the game, doing the work — just like the Big Names!

FACT TO FOCUS ON:

I get to write and speak on the same topic as Big Name! How cool is that?! And, I get nervous about it, just like s/he does.

ACTION STEP:

Ask yourself:

"What is my brain telling me about "real" writers and speakers?"

Find evidence that it's a lie (ask a fellow communicator or do a Google search). But don't research for too long.

Recognize the lie and move past it.



Lie #3: I'll make a fool of myself

Let's face it, public writing and speaking are vulnerable endeavors. It's easy to channel your inner middle-schooler and hide in the bathroom until the threat of rejection has passed. But that won't get your book into agents' hands or your message into the world.

HIDDEN FALSE BELIEFS:

*There's a right way to do this and I don't know it.
And, looking foolish is the worst feeling in the world.*

But here's a secret: every person who's ever expressed a fresh idea has risked looking foolish.

So let's view potential foolishness as an opportunity to learn more — about your message, about your audience, about your people's needs.

FACT TO FOCUS ON:

The right way for me to get my message out is the way I'm doing it. And it serves as an experiment to help me figure out what my audience wants and needs.

ACTION STEP:

Ask yourself:

"What experiment am I conducting by putting this out there?"

Then do it and see what happens.

Lie #4: No one wants to hear what I have to say

In the midst of preparing a message, it's tempting to think that what you're saying is lame. Or that you don't have anything new to say. Or anything profound.

HIDDEN FALSE BELIEFS:

Every word I speak or write must be loved, accepted, & wanted by everyone who encounters it.

Just because everyone won't resonate with your message doesn't mean that no one will. In fact, as a communicator, part of your job is to find those folks who do want to hear what you have to say.

FACT TO FOCUS ON:

If I'm helping my audience solve a problem, some people will want to hear what I have to say. Even if the problem you're solving is, "I need a distraction from my everyday life," as is sometimes the case with fiction or comedy.

ACTION STEP:

Ask yourself:

"What would have been helpful to me five years ago?"

Then deliver the message you wish you'd had.



Lie #5: I should just quit

The truth is, I don't know if you should quit or not. And I don't know whether you'll be able to make a career out of this speaking or writing "thing" or if you'll be side-hustlin' forever.

HIDDEN FALSE BELIEFS:

It's possible to predict the future and know ahead of time whether this venture will work out in the exact way I want it to.

Because we can't predict the future, it's tempting to hedge our bets, to not step too far out into our writing and speaking dreams, just in case.

But our brains don't work that way. They look for evidence of how we feel by the words we tell ourselves and the actions we take.

FACT TO FOCUS ON:

My brain believes what I tell it, so I need to show my brain I'm serious by taking action.

ACTION STEP:

Ask yourself:

*"What do I want this adventure to look like,
and what step can I take right now to move in that direction?"*

Now take it.

A woman with brown hair tied back is looking down at a desk. On the desk is a laptop, a bowl of food, and a glass of water. The background has a hexagonal pattern.

Bonus Action Step

Banish “thing” from your vocabulary.

If you’re still calling your writing or speaking a “thing” — as in, “I can’t have lunch with you tomorrow because I promised myself I’d work on my writing thing” — your brain won’t take your writing any more seriously than your friends and family do.

A “thing” is a hobby you participate in when you feel like it (and that you don’t turn down lunch dates with friends for).

“I can’t do lunch tomorrow because that’s my writing time” tells your friend and your brain that you mean business.

You've got this!

*The **biggest obstacle** for writers & speakers is not putting words on the page and it's not saying words from the stage.*

It's dealing with the words floating through your brain.

Hi, I'm Kendra!

I help bright, successful over-thinkers like you change your negative thoughts using Scripture and the science of how God made you.

If the words floating through your brain are preventing you from sharing the words on your heart, let's chat!



ACTION STEP:

Book a call



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BURROWS.com