

THE BALANCED BREW

PODCAST WORKBOOK

BY YOLANDA CHAZ



EPISODE 6. UNMASKING & OVERCOMING SELF-DOUBT |
THE SILENT KILLER OF DREAMS & QUIET THIEF OF
PURPOSE

WELCOME

This workbook was created as a companion to the podcast, a space for you to pause, reflect, and move beyond passive listening into meaningful application. The conversations you hear on the podcast are meant to spark awareness; these pages are here to help you translate that awareness into clarity, action, and real-life change. As you work through each reflection, take your time. Be honest. Be present. This is not about perfection or speed, but about integration. Taking what resonates, questioning what doesn't, and consciously applying the insights in ways that support your growth, decisions, and everyday life.

Yolanda Chaz

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HOW TO USE THIS WORKBOOK

Intention Setting

Before you begin, take a moment to ground yourself.

This workbook is not meant to be rushed. It is an invitation to slow down, reflect honestly, and engage with the podcast conversation in a way that feels meaningful and supportive to your growth.

Set an intention for how you want to show up in these pages.

Ask yourself:

- What am I hoping to gain from this reflection?
- What areas of my life am I open to examining more deeply?
- How do I want to apply what I learn in a practical, aligned way?

Write your intention below, not as a goal to achieve, but as a way of being — that you commit to throughout this process.

My intention for using this workbook is:

Return to this intention whenever you feel stuck, resistant, or uncertain. Let it guide your reflections, not pressure them.

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SELF-DOUBT DIES IN, CLARITY AND
JOURNALING GIVES YOU THAT CLARITY

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TIPS FOR JOURNALING

This workbook is designed to help you identify where self-doubt is holding you back, understand where it came from, release what no longer belongs to you, and intentionally step into a more confident, aligned version of yourself — through reflection and action.

You do not need to have all the answers. You only need honesty and willingness.

- Move slowly. One section per day is ideal.
- Write without editing yourself.
- There are no “right” answers, only true ones.
- When resistance shows up, pause instead of pushing through.

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STEP ONE: IDENTIFYING WHERE SELF-DOUBT LIVES

REFLECTION 1: WHERE IN MY LIFE IS SELF-DOUBT SHOWING UP THE STRONGEST, AND WHERE AM I GIVING INTO IT THE MOST RIGHT NOW?

Go deeper:

- In which areas do I hesitate, overthink, or second-guess myself most often?
 - Career / business , Relationships, Finances, Creativity, Leadership, Personal decisions.
- Identify one area where self-doubt is loudest.
- Name one small decision you've been postponing.
- Commit to making some decision, not the perfect one.

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STEP TWO: UNDERSTANDING THE ROOTS OF SELF-DOUBT
REFLECTION 2: WHAT PAST EXPERIENCES TAUGHT ME
TO DOUBT MYSELF AND SHAPED HOW I SEE MYSELF?

Go deeper:

Write a letter to your younger self acknowledging:

- What they went through
- What they did their best with
- What they deserved but didn't receive

Important reminder: Self-doubt is often learned, not innate.

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STEP THREE: RELEASING VOICES THAT ARE NOT YOURS
REFLECTION 3: WHOSE VOICE AM I STILL INTERNALIZING
AND CARRYING THAT DOESN'T BELONG TO ME?

Go deeper:

Write the sentence: **“This belief is not mine to carry anymore.”**

- Name the belief.
- Replace it with a grounded, compassionate truth.

Truth check:

- Is this voice rooted in fear, control, protection or truth?
- Would I speak to someone I love this way?

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STEP FOUR: IMAGINING LIFE WITHOUT FEAR LEADING YOU
REFLECTION 4: WHAT WOULD I PURSUE IF I FULLY TRUSTED MYSELF AND MOVED IN FAITH INSTEAD OF FEAR?

Go deeper:

- Choose one desire that keeps resurfacing.
- Ask: What's one low-risk way I can explore this now?

Visualization exercise: Imagine yourself 3–5 years from now.

- How do you carry yourself?
- What are you proud you didn't give up on?
- What risk are you grateful you took?

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STEP FIVE: FACING THE FEAR BENEATH SELF-BELIEF

REFLECTION 5: WHAT AM I AFRAID WILL HAPPEN IF I TRULY BELIEVE IN MYSELF AND STEP INTO MY FULL POTENTIAL?

Go deeper:

- Write down the fear
- Write down what staying stuck is costing you
- Decide which cost you're no longer willing to pay

Truth check:

- Is this fear about danger or discomfort?
- What has staying small already cost me?

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STEP SIX: GATHERING EVIDENCE OF YOUR CAPABILITY

REFLECTION 6: WHAT REAL EVIDENCE DO I HAVE THAT I AM CAPABLE, GIFTED, AND WORTHY?

Go deeper:

- Create a running list and add to it often.
- Save this list somewhere visible.
- Return to it whenever self-doubt resurfaces.

Remember:

- Worth is not earned, it is recognized.
- Capability grows through action, not perfection.

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STEP SEVEN: BECOMING THE CONFIDENT VERSION OF YOU
REFLECTION 7: WHAT DOES THE MOST CONFIDENT VERSION OF ME DO DIFFERENTLY?

Go deeper:

Complete the sentence: “Today, I choose to act like the person I am becoming by...”

- Then take one intentional step within 24 hours.

Bridge the gap:

- What is one behaviour I can practice now, even if confidence isn’t fully there yet?

CLOSING REFLECTION

Self-trust is not something you wait for.
It's something you build by keeping the promises you make to
yourself, especially the small ones.

REMEMBER:

You are not behind.
You are **becoming**.

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