

Confidence Experiment Log



Step 1. Belief

What fearful belief will you focus on?



Step 2. Situation

What situation will you test out your fear in?



Step 3. Predict

What is the worst that you think might happen?

How would you know?

0-100%



Step 4. Do it!

*How will you test it out?
Remember to get externally focused and drop behaviour traps.*



Step 5. Reflect

*What happened?
Re-rate your prediction (0-100%).
What does this tell you about yourself more generally?*



Step 6. Look ahead

What are you going to try next to build on your learning?

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