







Confidence Experiment Log

 <p>Step 1. Belief <i>What fearful belief will you focus on?</i></p>	
 <p>Step 2. Situation <i>What situation will you test out your fear in?</i></p>	
 <p>Step 3. Predict <i>What is the worst that you think might happen? How would you know? 0–100%</i></p>	
 <p>Step 4. Do it! <i>How will you test it out? Remember to get externally focused and drop behaviour traps.</i></p>	
 <p>Step 5. Reflect <i>What happened? Re-rate your prediction (0–100%). What does this tell you about yourself more generally?</i></p>	
 <p>Step 6. Look ahead <i>What are you going to try next to build on your learning?</i></p>	
