

Module 3 – Build Your Confidence

Exercise 2: No-Lose Decision Making

Part 1:

Write down 3 negative outcomes you're worried about and come up with equally plausible positive outcomes, e.g., Negative = 'What if I get a panic attack on stage at my next presentation?' Positive = 'What if I give the presentation of my life?!'

Negative	
Positive	

Overcoming Imposter Syndrome

Negative	
Positive	

Negative	
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Overcoming Imposter Syndrome

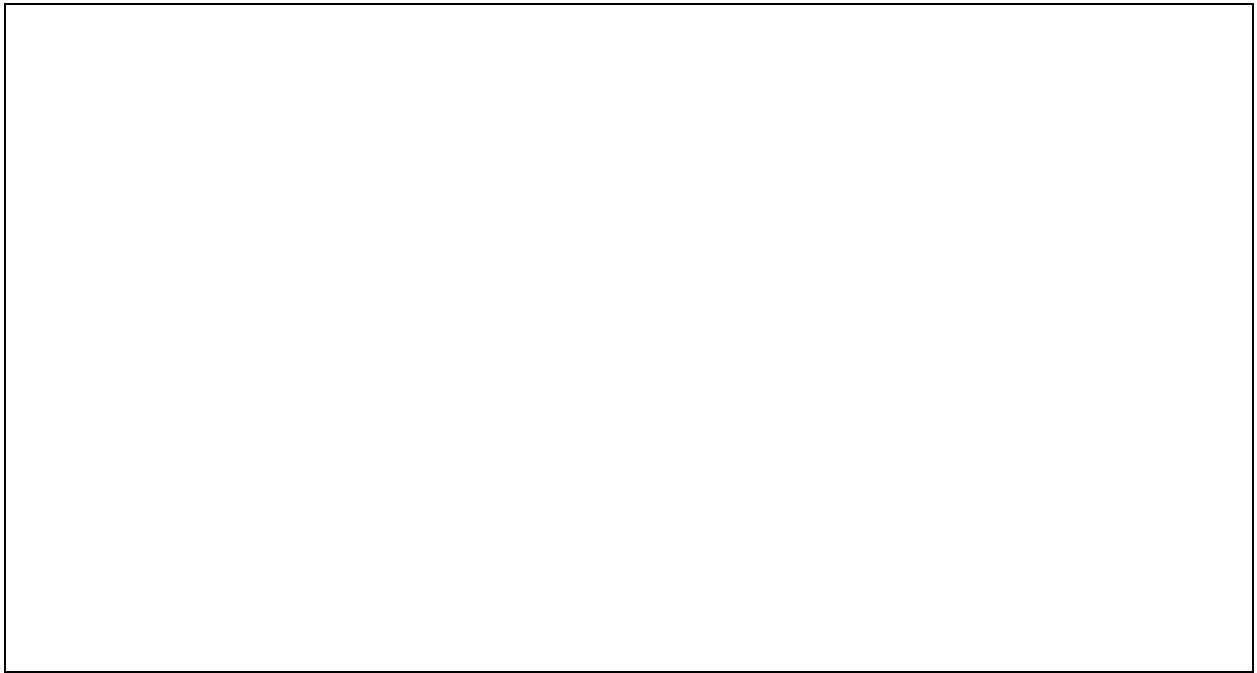
Positive	
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How did it feel coming up with positive outcomes?

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Overcoming Imposter Syndrome

How can you use this technique in your decision making?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

Overcoming Imposter Syndrome

Part 2:

Think of a decision you have to make and write it in detail:

Overcoming Imposter Syndrome

Let's assume you have just two options that is to take path A or Path B Using the No-Lose Model of Decision Making, think of all the positive things that can result from taking Path A and taking Path B. If you have more than two options, then write down the positives for each one.

Path A	Path B