

Module 3 – Build Your Confidence

Exercise 3: Risk-a-Day

Make a list of 7 manageable risks you could take in the coming week.

For example, call someone you're intimidated to call, ask someone to help you with a small task, ask for something you've been frightened to ask for.

Make notes every day about how you felt and what outcome you got. Don't judge your results; just collect the data.

Assign a day to each. Tomorrow is Day 1

Day	Task	How you felt	Outcome
1.			
2.			

Overcoming Imposter Syndrome

3.			
4.			
5.			
6.			

Overcoming Imposter Syndrome

7.			
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At the end of the week, look back and write down what effect this risk taking has had on you.

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Overcoming Imposter Syndrome

To what extent has this raised your confidence?

How does that feel?

Overcoming Imposter Syndrome

What other risks are you now prepared to take?