

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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