

SELF-DOUBTING



Over-ride self-doubt with enthusiasm.

What it's about; what it does for us...

...Feeling unsure of ourselves; it tugs us to work out how to improve.

We feel this when...

...we are being tested and not sure of our own ability or worth, not sure if we are good enough.

It makes us...

...takes stock and ask questions, and try to work out how we can improve ourselves. It can also make us cautious and avoid risky challenges.

