

# 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.

