

5. Confidence: How to Overcome Self-Doubt, Insecurity, and Fears

Quiz 1:

Question 1 of 6

If you want to overcome nervousness about finalizing projects, what is the most important aspect for you to change?

- ☐ your relationships with coworkers
- ☒ **your own feelings about finishing tasks**
- ☐ your work environment
- ☐ your choice of projects to focus on

Question 2 of 6

How might your superego initially affect your thinking about your long-term goals?

- ☐ It creates a sense of curiosity regarding ways you might expand your goals.
- ☐ It reminds you that you are more than capable of reaching the goals you set.
- ☐ It helps you realize that your goals are too great to reach and need adjustment.
- ☒ **It makes you worry that you cannot possibly achieve your goals.**

Question 3 of 6

How does accessing your growth zone help you with a challenging project?

- ☒ **It makes the hurdles in the project seem more manageable.**
- ☐ It speeds up your progress on the project significantly.

- ☐ It solves problems within the project that would otherwise trouble you.
- ☐ It allows you to predict the end result of the project accurately.

Question 4 of 6

How can questioning your superego help you at work?

- ☐ You gain a sense of security in your own beliefs.
- ☐ You feel more modest and realistic about your own abilities.
- ☐ You can ensure that your personality traits stand out from those of coworkers.
- ☐ **You are better able to meet certain job challenges and responsibilities.**

Question 5 of 6

What is one possible growth zone exercise you can use to request a raise from your boss?

- ☐ **Ask your boss a small question about a work procedure.**
- ☐ Impress your boss with a heightened work ethic.
- ☐ Have a joking exchange with your boss about work.
- ☐ Arrange for a coffee meeting with your boss.

Question 6 of 6

What is one potential benefit of moving out of your comfort zone at work?

- ☐ **taking on greater challenges than usual**
- ☐ gaining more confidence in comparison with others
- ☐ making work more exciting for yourself with more variety
- ☐ discovering a lot about your own personality and ways to improve

Quiz 2:

Question 1 of 4

What is the most basic way to increase your productivity at work?

- ☐ You ask yourself what you like about your job every day.
- ☐ You get steady feedback about your productivity from supervisors.
- ☐ You set higher goals for yourself.
- ☐ **You stop paying attention to others' accomplishments.**

Question 2 of 4

What is the potential pitfall of trying too hard to please other people in a workplace?

- ☐ **You collapse from taking on too much work and do a mediocre job.**
- ☐ You begin to have a very low opinion of your abilities.
- ☐ You are neglected because no one takes you seriously.
- ☐ You fail to please anyone, which causes you to feel depressed.

Question 3 of 4

How do you get over the feeling that you are not really qualified to work on a certain task or project?

- ☐ You watch other coworkers and take inspiration from their work quality.
- ☐ You ask a supervisor for feedback on your work.
- ☐ **You do it again once you have finished and then keep doing it.**
- ☐ You repeat to yourself that you are very skilled until you feel differently.

Question 4 of 4

What is the best initial response to feedback from a coworker?

- ☐ You take the coworker's commentary seriously and modify your work appropriately.
- ☐ You dismiss the coworker's feedback as unimportant.
- ☐ You let the coworker know that you do not really need their feedback.
- ☒ **You analyze the coworker's qualifications for giving feedback.**

Quiz 3:

Question 1 of 6

Which scenario exemplifies using predictions of behavior to help get a promotion?

- ☐ You map out a success path for yourself and then proceed with the belief that you could follow it successfully.
- ☐ You observe less successful colleagues and then act opposite to them, expecting more positive results than theirs.
- ☐ You watch how your promoted colleagues behave and then imitate them, hoping your outcome will be similar.
- ☒ **You try to determine what typically impresses your supervisor and then focus your performance in that area.**

Question 2 of 6

What is a danger of assuming that we know what our colleagues are thinking all the time?

- ☐ It can make you feel insecure.
- ☐ It can lead to a feeling of arrogance.
- ☒ **It can cause a communications breakdown.**
- ☐ It can elicit unnecessary arguments.

Question 3 of 6

How will examining your expectations of others' behavior help teamwork?

- ☐ If you adjust your predictions about teammates just enough, you will set easy goals that they will always achieve.
- ☒ **If you adjust your plans based on others' most expected movements, you are more likely to achieve your goals smoothly.**
- ☐ If you expect a substandard performance from your colleagues, you will never be disappointed and morale will stay high.
- ☐ If you are forgiving of your teammates' shortcomings, they will appreciate it and feel positively about their work.

Question 4 of 6

What causes an independent person to do well in a business environment?

- ☐ easily claiming the upper hand in competition with coworkers
- ☐ getting the attention from their superiors rather than from their more cautious colleagues
- ☒ **having the confidence to make choices and taking initiative without hesitation**
- ☐ dominating development conversations and pushing their ideas through to execution

Question 5 of 6

In terms of working with others, knowing that most people are basically alike should make you ____.

- ☐ wonder what they think of you
- ☐ be more competitive with them
- ☒ **feel more comfortable**
- ☐ want to be as distinctive as possible

Question 6 of 6

How does increased empathy among a work team's members affect their overall performance?

- ☐ It causes coworkers to take each other less seriously.
- ☐ It reduces productivity because coworkers are more comfortable with each other.
- ☒ **It decreases disagreements and the team functions more efficiently.**
- ☐ It leads to the development of long-term friendships.