

What Undermines YOUR Confidence?

- ☐ I fear that I haven't practiced enough, and I will sound like I don't know my stuff.
- ☐ I fear that I have practiced too much, and I'll sound stiff.
- ☐ I fear that I don't know who this group is and what they're expecting from me.
- ☐ I fear that I do know who this group is, and I cannot deliver on what they're expecting from me.
- ☐ I fear that they won't understand my accent.
- ☐ I fear that I won't be able to find the right word or phrase I want to use.
- ☐ I fear that translating in my head will make me lose track of what I'm saying.
- ☐ I fear they won't like me.
- ☐ I fear my mind will go blank.
- ☐ I fear that I will do something that is culturally inappropriate.
- ☐ I fear I won't make sense.
- ☐ I fear that I will make a grammatical mistake.
- ☐ I fear I will sound unintelligent.
- ☐ I fear that someone will ask a question that I can't answer.
- ☐ I fear that I'll look like I'm in fear!

If any or all of these sounds like you, keep watching for concrete strategies to help you manage your fears.