

DEALING WITH DOUBT

This infographic provides seven tips for dealing with doubt at work, which will help you become more decisive. By addressing these tips, you will be able to minimize and/or mitigate doubt at work.



Seven Tips to Dealing with Doubt

1 Assess Your Stage of Learning

- What do you already know?
- What do you need to learn?
- What actions should you take to address your learning gap?

2 Evaluate Your Current Level of Competence

- What areas are you capable or competent of doing right now?
- What actions should you take to address your competency gap?

3 Add the Word "Yet"

- How can you incorporate the word "Yet" into your thought process?
- What is your next step to keep growing and moving forward?

4 Anticipate and Advance

- How can you position yourself to reach a goal?
- Do you see any obstacles, and can you adjust accordingly?

5 Focus Inward

- Where do you find inspiration?
- What motivates you to move forward?
- How can you utilize inspiration or motivation to gain positive momentum?

6 Lean Forward

- What can you do to continue progressing?
- How can you show initiative to gain confidence and remove doubt?

7 Envision Success

- Picture yourself winning, what does it look like?
- How would you measure success?