

* CREATIVITY EXERCISE *

WHY NOT USE CREATIVITY TO GET THE BETTER OF
SELF DOUBT?

IMAGINE IF SELF DOUBT WERE A MONSTER. WHAT SHAPE WOULD IT
TAKE? VISUALISE IT.

WRITE DOWN THE CHARACTERISTICS OF YOUR
SELF-DOUBT MONSTER. MAYBE IT HAS
JACKHAMMER LEGS, HACKSAWS FOR ARMS,
NEEDLE FINGERS, AN ANNOYING VOICE...

WHO KNOWS ... YOU MIGHT REALISE THAT SELF
DOUBT IS NOT SO SCARY AFTER ALL.