

**Your Training Assignment
And Personal Accountability**

Conquering Fear & Self-Doubt: Fake It To Make IT

Listen to this week's podcast describing the Fake It To Make It technique.

Do you already do this sometimes?
If so, how does it help your confidence?

If not, how can you try out this technique? Is there a part of it you may need to adapt?

Challenge yourself to practice this and then select a situation where you can do it.

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each module includes an audio podcast and a training template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.