

PHASE 5

DO YOU BELIEVE YOU CAN DO IT?

What are your fears?

	YES	NO
I am not prepared		
I am not confident		
I do not interview well		
Someone will be better than myself		
They won't like me		
I am not good looking enough		
I am too fat		
I am too skinny		
I did not go to university		
I did not go to one of the top universities		
I will fail at my job		
I will make mistakes		
I was told I would never achieve		
I was told I am dumb		
I always doubt myself		
I always sabotage myself		