

What has *your lack of Confidence* cost you?

Feeling that you're not good enough and wanting to avoid discovery tends to create withdrawal, unwillingness to take feedback, blame, judgement (typically of self more than others), sacrifice, desire to be invisible or going for the top without thought of others.

Now consider the price you've paid for feeling that you weren't good enough in the context of work.

Use the following as thought starters to stimulate your recollection on what the loss of confidence at critical times has cost you:

- New client opportunities or promotions I've avoided or turned down
- Fabulous ideas that will make a difference that I haven't had the confidence to promote effectively
- New Projects I've avoided or turned down
- Help I didn't ask for that could have made a difference to the success of my project or entrepreneurial idea.
- Collaborations I've avoided for fear of being shown up
- Brainstorming sessions I haven't contributed to
- Teams I've not really connected with
- Conversations I've backed away from
- New learning I've refused perhaps because the feedback felt uncomfortable
- Opportunities to use my voice that I didn't take up
- Expectations I've not stepped up to
- Fair remuneration I haven't asked for, doubting my own worth
- Experiences I've had that I could have shared
- Skills I could have shared with others or contributed to a problem to change outcomes
- Meaning I could have found in the work I do
- Forgiveness or apologies that would have changed relationship(s) at work
- Flexibility that may have brought me wisdom
- Honesty that could have brought me freedom
- Opportunities to take feedback so I could improve my performance
- Career dreams I gave up on

Then ask yourself Have I paid enough yet? Am I willing to do something to shift what's really going on? If you'd like to explore pathways, let me know.