Uncertainty experiments

Drop one certainty-seeking habit at a time and record what happens.

Name _____ Date _____

Pick habits you use to feel certain, and try doing without them. Start small.

What I did differently	What I feared would happen	What actually happened	If it went wrong, how did I cope?
Sent a work email after reading it once	*It would have a mistake and I would look careless*	*Nobody said anything*	*Not needed*

What am I learning about uncertainty, and about myself?

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