

10 questions to help you trust your judgement

Reflect on what you bring, recognise what's holding you back and decide what comes next.

You can be highly capable and still question yourself more than other people realise.

Take ten minutes to answer these questions honestly. Look for evidence, rather than waiting to feel confident.

Recognise the evidence

1. Which career achievement are you most proud of, and what did you do to make it happen?

2. When have you trusted your judgement and made a sound decision?

3. What do colleagues consistently rely on you for?

4. What positive feedback do you tend to dismiss or explain away?

5. Which valuable skill or strength do you regularly underestimate?

Spot the pattern

6. Where are you preparing, checking or seeking reassurance beyond what the situation requires?

7. Which opportunity, conversation or decision are you delaying because you want more certainty?

8. What do you already know that you're struggling to trust?

Choose your next move

9. Which next step best reflects what matters to you now?

10. What is one specific action you'll take this week, and when will you take it?

Don't leave this as an interesting reflection - think of the answer you most need to pay attention to. Decide what you'll do with it in the next seven days.

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