

# A Tool (Mindset) for Facing Uncertainty

## ☐ **Acknowledge the Uncertainty or Fear**

Name it honestly.

*What am I uncertain or afraid of here?*

## ☐ **Sit With the Discomfort**

Resist the urge to fix, avoid, or rush.

*Pause and let the feeling be.*

## ☐ **Ground Yourself in Your North Star**

Remember your “why” (your purpose)

*What’s most important to me right now?*

## ☐ **Anchor in Your Strengths and Values**

Identify your core values for this situation.

*What strengths or values will guide me?*

## ☐ **Seek Perspective**

Reach out or step back for a broader view.

*Who else is affected? What am I missing?*

*Who can provide perspective and help?*

## ☐ **Choose a Growth Response**

Decide on a small step aligned with your values—even if it’s uncomfortable.

*What’s one thing I can do to move forward?  
(a small bet)*

## ☐ **Reflect and Learn**

*What did I learn by facing this uncertainty or fear? How can this help me next time?*