



Capturing all the questions you have when experiencing emotions such as being unsure or uncertain can help with getting clear on what you need:

- Step 1.** List the topic you are unsure or uncertain about
- Step 2.** Without judgement capture every question about this topic that comes into your mind for example, what if I fail? keep capturing questions until you feel comfortable you have captured all your questions
- Step 3.** Review the questions which ones stand out? highlight the questions that feel the most important to you
- Step 4.** Prioritise the highlighted questions and create an action plan to get the answers you need

Topic:

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