

Exercise sheet for chapter 16: You can teach yourself everything

Reflect on self-taught skills: Think about what skills or knowledge you have recently acquired through self-tuition. Was there a problem or challenge that you acquired knowledge to solve yourself? Make a note of one or two areas in which you would like to learn more and think about how you could acquire this knowledge "just in time" - be it through AI tools, books, online courses or tutorials. What questions are currently bothering you and how could you actively work on answering them?

Practice asking questions: Take a moment and think about the last time you asked a question even though it seemed awkward or "stupid". How did the answer help your thought process? Write down what new insights or solutions have emerged as a result. Also ask yourself: In which situations could you use more divergent thinking to approach problems more creatively and flexibly?

Overcome impostor syndrome: Think of a situation where you felt like an impostor even though you were actually qualified. What thoughts went through your mind? Write down the successes you have already achieved and how they relate to your actual skills. What potential and skills are you holding back because you are afraid of not being "good enough"? Make a note of how you can overcome these barriers and develop your full potential.

Apply prototyping: Think about the areas of your life in which you often hesitate because you are afraid of failure. Make a list of these situations and rank them according to the intensity of your insecurity. Choose the least scary task and think about how you could start a small prototyping project to overcome uncertainty. What first steps could you take to reduce your fears and strengthen your self-efficacy?

Improve the way you deal with mistakes: Think about how mistakes are dealt with in your current environment. Do you feel safe to address mistakes openly or do you feel the need to hide them? Make a note of how you would react in such a situation and how others should deal with your mistakes. Also think about what you could do to foster a culture where mistakes are seen as learning opportunities - both for yourself and for your team or family.

Set long-term goals and develop patience: Take a moment and think about a current goal or project in your life. Have you set aside enough time to achieve it, or are you pushing yourself too fast? Think about whether you are being too impatient and whether it is hurting your success. Write down how you could become more persistent in order to turn low points into turning points and become more successful in the long term. How could you view the path to your goal as a series of stages instead of wanting to achieve everything immediately?

Develop goal-oriented thinking: Think about what you want to achieve financially and work backwards from the goal by answering the following questions:

1. What do I want to earn?
2. What is so valuable to others that they give me so much money in exchange?
3. What skills do I need for this?
4. How do I learn these skills?

Reflect on how you can implement this plan by specifically developing your skills to create added value for others and increase your income potential.

If my team and I can help you, contact us for a free introductory call and find out what we can do for you:

[MasterYourLifeScript.com/call](https://a.co/d/hGymbb1)