

APPENDIX G

RISE™ FRAMEWORK WORKSHEET

PURPOSE OF THIS WORKSHEET

USE THIS WORKSHEET to understand your own patterns of self-doubt and build a healthier response using the RISE™ Framework. Each section includes reflection questions and space for practical action.

R—RECOGNIZE

Reflection Questions

- What situations trigger my self-doubt?
- What does the feeling show up as in my body or thoughts?
- How do I normally react when it happens?

My Action

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I—IDENTIFY

Reflection Questions

- What recent wins or accomplishments prove I am capable?
- What strengths do others consistently see in me?
- What facts contradict the self-doubt I am feeling?

My Action

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S—SHARE

Reflection Questions

- Who is one safe person I can speak to when I feel doubt?
- What would I like to express that I usually hold back?
- What support would help me the most?

My Action

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E—ENGAGE

Reflection Questions

- What is one small step I can take even if the doubt is still there?
- What would forward movement look like today?
- What helps me gain momentum once I start?

My Action

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RISE REFLECTION SUMMARY

What did I learn about my self-doubt patterns and what surprised me about this exercise?

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What step will I take this week to rise above self-doubt?

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What are my greatest strengths that will help me this week?

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What am I most looking forward to overcoming this week?

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