MAKE DOUBT YOUR SUPERPOWER

WORKBOOK
FOR THE MASTERCLASS

WELCOME

Feeling self-doubt is not a weakness, or a character flaw.

It's part of being human.

Instead of ignoring it, or pushing past it,
work with your doubt.

Understand the signals your self-doubt is sending,
and that opens up space to:

Make better decisions.
Feel more confident about taking action.

The Make Doubt Your Superpower Masterclass
teaches you the framework you can use every time
doubt shows up in your business, career, and life.

This workbook is where you work through the framework in real time.

It's designed to be done in one sitting.
You set your own rules. Pause where you need to. Come back again
and again to work through self-doubts, whenever they show up.

Get comfortable, and let's get into how you can
make doubt your superpower.

START HERE

Think of a recent doubt. A decision, change, something you are not certain of. Any moment of self-doubt or imposter syndrome.

eg: *Did I make a mistake with... ?*
Should I ...?
Am I charging the right rates?
Am I a good enough parent?
Is this the right job/opportunity to take?
This meeting/call/speech/presentation/launch is going to be a total failure

Name it here:

What story have you been telling yourself about this doubt?

eg: *I should have known better... I've messed this up already.*
It will never work anyway, so why bother? Everyone else seems so sure.
I'm probably asking for too much... If I raise this, I'll lose clients.
Everyone else has parenting figured out... I'm getting this wrong.
If I get this wrong, I'll never recover from the setback...

Describe it here:

Spend a few minutes to see what thoughts come up, without judgement about it.

THE FOUR SHAPES OF DOUBT

Doubt shows up in different ways. Seeing which shape yours takes is the first step to working with it. Read the four below and tick the one that feels most familiar. You may recognise more than one, and that's ok.



THE FREEZE

That cold, overwhelming uncertainty. You know you want to take action, but it feels impossible.
Feels like: "I know what I need to do, and I can't move."

A time I froze was... _____

□ This is my shape



THE DELAY

Finding a hundred things to do except the one thing you know you should. The deadline keeps getting pushed, and tasks get rescheduled.
Feels like: "I'll just tidy this first." "I'll do it tomorrow."

What I do instead of the big thing is... _____

□ This is my shape



THE LOOP

Weighing the same decision over and over, no closer to an answer than you were a week ago. It can also be thoughts circling round and round.
Feels like: "I should be further along by now." "I'm probably going to screw this up."
The thoughts that loop for me are... _____

□ This is my shape



THE MASK

Good old-fashioned imposter syndrome. It shows up before a pitch, a speech, or a launch, with a worry that it's not good enough, or that you're not.
Feels like: "Who am I to do this?"

When I feel like an imposter, I... _____

□ This is my shape

DECODE YOUR DOUBT

Time to understand what the doubt you named is signalling. Each signal has a section. In each section, there are four statements.

Read each statement, and ask yourself: is this true for me, right now, about the doubt I named?

No overthinking. Your first instinct is the one to go with. Tick every statement that's true. Then count your ticks in each section, and circle the signal with the highest number.

LACK OF CLARITY

□ I can't finish the sentence "success here means ___" without hesitating
□ I've asked other people what they think more than once
□ I keep going back and forth without landing anywhere
□ If I imagine explaining this choice in five years, I can't picture what I'd say

Clarity total: ___ / 4

LACK OF INFORMATION

□ There's a specific number, fact, or piece of data I don't have yet
□ I could name exactly what I'd need to know to feel ready, and I don't have it
□ I've been researching longer than the decision actually warrants
□ I'm not sure if I'm missing information or just avoiding making a decision

Information total: ___ / 4

LACK OF ALIGNMENT

□ It looks good on paper, but something still feels off
□ I keep starting and stalling, not from lack of time but lack of full buy-in
□ I'm doing this partly to please someone else, not because I actually want it
□ The doubt doesn't go away even when I get more facts or more clarity

Alignment total: ___ / 4

MY HIGHEST TOTAL IS (circle) CLARITY | INFORMATION | ALIGNMENT
Close or tied? That's ok! Work with both signals.

Next, turn to the Signal Move page for your highest total.

THE CLARITY SIGNAL MOVE

R: REFLECT

When your score signals lack of clarity, this is your move to work with your doubt. Get honest about what you actually want. Let go of assumptions and expectations. Complete these prompts:

For me, success means...

If there were no barriers, the outcome I really want is...

What matters to me most here is...

What would "good enough" look like here?

The one thing I now know is...

THE INFORMATION SIGNAL MOVE

A: ASK

When your score signals lack of information, this is your move to work with your doubt. Gather data, check your assumptions, and be honest about where you are stalled.

The one thing I need to find out is...

What specific information would make me feel ready to move forward?
(If you can't name it, your doubt may not be signalling lack of information.)

An assumption I'm making is... how do I know it's true?

A person or source that could fill this gap is...

My next step is...

THE ALIGNMENT SIGNAL MOVE

P: PERMISSION

When your score signals lack of alignment, this is your move to work with your doubt. Check what actually fits you, and give yourself permission to choose it, even if it looks different from what's expected. Let go of "should" and other people's definition of success.

Is this something I actually want, or something I feel I should want?

What fits me about this is... What doesn't fit is...

Am I doing this for me, or to please someone else?

If no one were watching, I would choose....

I give myself permission to...

THE RAP PRACTICE

When doubt shows up:

1. Pause.
2. Observe it without getting swept away by the emotions of it.
3. Ask: is this doubt signalling that I need more clarity, more information, or more alignment?

CLARITY → **R**: REFLECT

Get honest about what you actually want.
What outcome do I really want here?

INFORMATION → **A**: ASK

Gather data, check your assumptions, and be honest about whether you're gathering or stalled.
What specific information do I need to feel ready?

ALIGNMENT → **P**: PERMISSION

Give yourself permission to choose what's right for you, even if it looks different from what's expected.
Is this something I actually want, or something I feel I should want?

That's your move, every time doubt shows up. RAP it.

Not sure which signal your doubt is sending?
Turn back to Page 3 to Decode Your Doubt

THIS IS THE BEGINNING, NOT THE END

Doubt will be back. And that's ok. It's part of being human.

The difference now is that you know what to do with it. You know how to read it, and how to use it to get clarity and move forward with confidence.

Keep this workbook close, and come back to it every time doubt shows up.

You are not broken. You are not behind. Doubt is not a character flaw. It's trying to help you forward.



I'm Rebecca Page-Chapman.
I spent 20 years building a service business into a seven-figure franchise, and COVID closed it when I was 50. My self-doubt after that was overwhelming, until I stopped fighting it and asked what it was trying to tell me. That question led to an MBA, moving to the UK, and two years as a digital nomad across 4 continents. Today I help founders, freelancers, and professionals gain clarity, make a plan, and stick to it.

WHAT'S NEXT?
Want to join a community of people making doubt their superpower?
Join the Doubt Decoder Room waitlist.
Live sessions to RAP together, more tools, support, encouragement, and inspiration.

›› Join the waitlist here.

IN THE DAYS AHEAD
I'll be in your inbox with more ways to put this into practice.

Go gently,
Rebecca