

NAVIGATING UNCERTAINTY

- REGAIN CLARITY
- AVOID PARALYSIS
- REGAIN MOMENTUM

Take 10 minutes and work through the 5 sections by selecting the question that feels most relevant to you right now.



MIN 1-2

GROUND YOURSELF

- What is occupying my mind most right now?
- What is the deepest source of uncertainty weighing on me?
- What is making me feel stuck?

Name the situation type, then act accordingly:

- SIMPLE** → Apply a known solution
- COMPLICATED** → Analyse before deciding
- COMPLEX** → Experiment and learn
- CHAOTIC** → Stabilise first



MIN 3-4

CLARIFY EMOTIONS

- What am I feeling right now?
- What am I afraid of in this situation?
- What uncomfortable situation am I avoiding because it exposes my vulnerability?

Complete the sentence: "The story I am telling myself is..."
Then separate: What are the facts? What are my interpretations?



MIN 5-6

IDENTIFY THE REAL CHALLENGE

- What is genuinely within my control?
- What requires human adaptation, not just a technical fix?
- Which conversation or truth am I avoiding?

Reframe: "The real issue may be... [misalignment / fear / overload / conflict / decision needed]"



MIN 7-8

FIND THE NEXT VIABLE STEP

- What is the smallest constructive action I can take?
- What can I test quickly?
- What decision can I make without full information?

"My next viable step today is..." — Small is enough. Movement creates clarity.



MIN 9-10

COURAGEOUS ACTION & RE-CENTERING

- Who can help me see this more clearly?
- What courageous conversation do I need to have?
- Where do I need to be more honest or set a boundary?

"One thing I can do with more courage today is..."

2-MIN VERSION

1. What is actually happening?
2. What am I feeling?
3. What is within my control?
4. What is my next step?
5. Which conversation can no longer be avoided?

ANCHOR PHRASE

"I can move forward with clarity, even without certainty." • "My work today is to learn, not to control everything."



Recommendation: pair with a daily journal to identify recurring patterns over time.