

# REBEL CONFIDENCE BOOSTER TOOL

**if you believe this ...**

**... then try to see it as this:**

I CAUSE FRICTION  
IN THE TEAM

→ due to my constructive conflicts,  
more view-points come up

I SLOW THINGS DOWN  
WITH MY QUESTIONS

→ my questions prevent the team from  
making mistakes and a lot of rework

I LET PEOPLE BELIEVE  
THAT THEY ARE DEFIED

→ i help the team with  
their moral compass

I GIVE PEOPLE THE FEELING THAT  
IT IS NEVER GOOD ENOUGH

→ because of me people  
constantly learn new things

...

→ .....

...

→ .....

**how this exercise works**

**step 1**  
read the first four beliefs and get inspired how they can be viewed differently (and much more positively!)

**step 2**  
reflect on your (negative) beliefs – can you come up with some more?

**step 3**  
now flip each of these negative beliefs and try to reframe it as something positive

read the article to learn more about the topic